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'Obscenely unfair' cost

SERVICES

Council talks changes to cemetery fee structure



Stephanie Taylor
Metro | Halifax

Charging a grieving family a higher fee to bury a loved one in a municipal cemetery on holidays and weekends, rather than weekdays, incited disgust amongst some Halifax councillors.

Potential changes to the current cemetery fee structure were discussed during Tuesday's council meeting, following a previous decision to adopt a cost-recovery model to finance cemetery services.

According to a staff report, council also asked fees charged for burials on weekends, holidays and weekdays after 4 p.m. to be eliminated to ensure "the

cost of providing burial services is equitable for all customers."

Instead, staff proposed to lower, rather than scrap, the fees altogether.

Their rationale was that without other revenue to cover the cost of labour, and a potential increase in demand for after-hours service, it wouldn't meet HRM's goal of cost-neutrality.

For example, the proposed burial fee for Saturdays would decrease from \$500 to \$175, in order to better reflect the short and long-term labour costs.

"That is obscenely unfair. Especially given the circumstances where people are dying," Coun. Stephen Adams said Tuesday.

"We can't plan when we die, nor can our loved ones."

He said the city should charge a single rate for burials on any given day, and then charge an additional fee, say \$100, for services after 4 p.m.

Tuesday's council eventually voted that another report should return with additional costing for both options.



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CITY HALL

Housing a hot topic



Stephanie Taylor
Metro | Halifax

What more can be done to improve the bleak state of affordable housing in Halifax was a recent topic of much debate at City Hall.

Councillors underscored the need for action, as outlined in a housing needs assessment report, tabled during Tuesday's regional council meeting, which showed a staggering number of households in the city struggling due to the lack of affordable living options.

For example, it cited that about 20 per cent of households in HRM required low-income or below market housing, with half of those — more than 15,000 households — earning less than \$17,000 annually.

"It slaps you in the face with the reality of what's happening to our aging population, our economy, the available

mental housing stock," Coun. Steve Craig said Tuesday.

"It is a powerful report."

Councillor Jennifer Watts added the situation is only worsened by the continual loss of subsidized housing units, referencing Harbour City Homes, which had to shut its doors after the organization that operated the buildings could no longer afford the maintenance costs.

Tuesday's council approved the report's ask for Mayor Mike Savage to write a letter to Nova Scotia's Minister of Community Services, highlighting the concerns around housing and the need to cooperate to find solutions.

However, Councillor Tim Outhit questioned if not more could be done moving forward, such as arranging future meetings between provincial and city officials.

"Just to send a letter like this from the Mayor to the Minister, frankly looks a bit lame."

MUNICIPAL POLITICS

Councillor resigns

Some residents in Dartmouth are without a sitting councillor, as their representative has upgraded from a municipal seat to a federal one.

Former Councillor Darren Fisher of Harbourview—Burnside—Dartmouth East submitted his letter of resignation to Halifax Regional Council on Tuesday.

Councillors voted in favour of accepting Fisher's resignation 11 to 2, which came into effect immediately, although

councillors David Hendsbee and Matt Whitman voted against it.

Now Fisher's resignation has been formally received, a city spokesperson told Metro Halifax on Tuesday that a future staff report would indicate possible dates for a by-election.

Local voters in last week's federal election decided to send Fisher to Ottawa as their newly elected Liberal member of parliament.

STEPHANIE TAYLOR/METRO

IN BRIEF

City calling for credit for businesses who donate food

Halifax has become the latest city to join its voice to a national call for Canada to create a new tax credit for businesses that donate unsold food.

Since the request is for a federal tax credit, "it's not going to have an impact on our financial situation," Coun. Jennifer Watts said before council unanimously approved the motion. METRO

Park to get upgrades

A multi-million dollar plan to

upgrade Halifax's Fort Needham Memorial Park was given the green light Tuesday.

Halifax Regional Council voted unanimously to accept a new master plan for the site, which details a three-phased \$7.9 million facelift for the park, in order to commemorate the 100th anniversary of the Halifax Explosion.

"We have to be cognizant that this is Halifax [Explosion] ground zero," Councillor David Hendsbee said of the site.

METRO

Man arrested after standoff with police

DARTMOUTH

Apartment building evacuated as a 'precaution'



Kristen Lipscombe
Metro | Halifax

Residents of a Dartmouth apartment building were keeping warm inside a parked bus Tuesday night while police officers tried to negotiate with a potentially armed and wanted man who had barricaded himself inside his first-floor unit.

The 19-year-old man finally came out "peacefully" at about 8:40 p.m., police said, after a long afternoon and evening of officers negotiating and neighbours waiting patiently to return home.

"The man exited the apartment and was taken into custody without incident," a Halifax Regional Police news release said. "The investigation into this matter continues and the original issue regarding the warrant will be handled by the RCMP."

Police had worried the suspect, who Halifax RCMP was trying to arrest "on another matter" earlier in the day, may have had a gun inside his apartment, located at 79 Lakecrest Dr.

"There was an outstanding warrant and they attempted to arrest him on that warrant," Halifax Regional Police spokes-



A Halifax police officer stands with his weapon outside the apartment building on Lakecrest Drive in Dartmouth where police say a 19-year-old man may have a firearm. JEFF HARPER/METRO

woman Const. Stacey Opalka said on scene shortly before 6 p.m.

"They believed that he was in the apartment and he may have access to firearms," she said, adding police officers "heard movement" inside his residence.

The police force's emergency responders and crisis negotiators were still trying to do that after 8 p.m., while several residents

who had been forced out of their homes "as a precaution," were inside the bus, provided as temporary shelter by Halifax Transit as a sunny fall afternoon quickly turned into a cold, dark evening.

Opalka couldn't provide which unit the suspect lives in, but fellow apartment resident Jessica Thoms said it was one of the lower-level units.

"We look out the window, and sure enough there's police just waiting outside of buddy's window down there," she said.

Thoms said she and others in the building have seen and heard the man and his girlfriend fighting before, adding "they smashed the window of their apartment one time ... (and) she was just running around here bleeding."

POLICE

Halifax 'Sleepwatcher' granted parole

The man known as the so-called Halifax 'Sleepwatcher' has been granted conditional parole.

According to parole documents reported by Global News and CTV, Barry Edward Sinclair has been granted parole with conditions nearly three years after he was sentenced for breaking into an apartment and watching women sleep.

"We are aware of that and we will be monitoring the situation," Halifax Regional Police spokeswoman Theresa Rath said Tues-

day. Sinclair will live at a halfway house to finish his sentence until February 2017 according to the documents.

His parole conditions include residing at a community correctional centre, following a treatment plan around sexual deviancy, and not having alcohol or drugs.

Rath said although Sinclair is under the responsibility and surveillance of the Parole Board of Canada, anyone who sees him breaking conditions could report

it to police or the parole board.

In February 2013, Sinclair was sentenced to five years in prison but was granted a year for time already served, reducing it to four years.

The Dartmouth man accused of several crimes related to the south-end Halifax "Sleepwatcher" cases was originally charged with breaking into two apartments in September 2011. He was found guilty last November on one count, and not guilty on the other. The documents say the

parole board believes Sinclair is a moderate risk to re-offend in general, and a high risk to re-offend in a sexual manner given little progress in his correctional plan.

Rath said police only alert the public about high-risk offenders when they have completed their sentence.

Sinclair has 28 prior convictions beginning in 1980, including break and enter, being unlawfully in a dwelling house, and trespass by night.

HALEY RYAN/METRO

Artist encouraging bluenosers to stay home in Nova Scotia

DEMOGRAPHICS

Nova Scotia only province with declining population



Zane Woodford
Metro | Halifax

Nova Scotia was the only province in Canada to have negative average population growth from 2011 to 2014 according to a paper released by Statistics Canada on Tuesday.

That comes as no surprise to Bee Stanton.

Stanton is a freelance designer and illustrator whose creations encourage those still in Nova Scotia to stay, and those who've left to come home.

She said she's "taken a hard notice" to all the people leaving the province in the past few years.

"It's obviously near and dear to my heart through my artwork because I want



Population growth will only be possible if Nova Scotia attracts either international immigrants or interprovincial migrants from the rest of Canada.

Laurent Martel



Bee Stanton shows off some of her typography at Argyle Fine Art. JEFF HARPER/METRO FILE

people to say here," she said Tuesday.

"People are what creates opportunity."

Statistics Canada's paper puts the average population increase in Nova Scotia from 2011 to 2014 at -.01 per cent, compared to a national average of 1.11 per cent.

The paper's author, Laurent Martel, said the province saw negative natural population increase — meaning more people dying than being born — in 2013 and 2014.

"This pattern will continue in coming years as the population continues to get, on average, older and older," said Martel on Tuesday.

On top of that, it's not secret the province has had a hard time keeping people

here.

"Nova Scotia has been showing some losses to interprovincial migration: There's more people leaving Nova Scotia than getting into Nova Scotia, and that pattern has been seen for quite a while," he said.

"If Nova Scotia would like to see positive population growth it will have to come from bringing more people to Nova Scotia."

So how does the province do that?

"If I had the answer I'd be running to the government with it screaming at the top of my lungs," said Stanton.

"I feel like people need to be drawn back partly by sentimental value and partly with financial incentives."

+ STATISTICS

Average population growth from 2011 to 2014:

| | |
|----------------------------|-------|
| UP: | |
| Newfoundland and Labrador: | 0.24% |
| PEI: | 0.57% |
| New Brunswick: | 0.01% |
| Quebec: | 0.85% |
| Ontario: | 1% |
| Manitoba: | 1.21% |
| Saskatchewan: | 1.62% |
| Alberta: | 2.59% |
| British Columbia: | 1.01% |
| Yukon: | 1.5% |
| NWT: | 0.52% |
| Nunavut: | 1.89% |
| Canada: | 1.11% |
| Halifax: | 0.9% |

| | |
|--------------|--------|
| DOWN: | |
| Nova Scotia | -0.01% |

METRO



Halifax bucks Nova Scotia's overall trend of negative population growth. JEFF HARPER/METRO FILE

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CLAYTON PARK DRIVE

Girl, 8, assaulted outside her school



Kristen Lipscombe
Metro | Halifax

Halifax Regional Police are asking for the public's help in tracking down a man who allegedly assaulted an eight-year-old girl outside of her school Monday afternoon.

Officers responded to a "suspicious person call" at Duc D'Anville Elementary School on Clayton Park Drive at about 2:50 p.m., police said in a news release issued Tuesday afternoon, after the suspect approached the girl near a wooded area while she was taking part in an outdoor gym class.

He then assaulted her "by grabbing her from behind and pushing her to the ground," police said in the news release.

"When the teacher and the girl's fellow students started to call her name, the man left on foot," police said. The girl wasn't hurt and immediately told school staff what happened.

The girl described the suspect to police as a man with dark brown skin and short brown hair, who appears to be about five-foot-10, and was wearing a black winter jacket and black pants at the time the assault took place.

+ CALL POLICE

Anyone with information or who can identify this suspect is asked to call police at 902-490-5016 or Crime Stoppers anonymously at 1-800-222-8477.

DARTMOUTH

Man sprayed in face with irritant: Police

Halifax police are investigating an incident in which a teen sprayed a 55-year-old man in the face with sensory irritant.

According to a Halifax Regional Police release, officers responded to the 0-100 block of Woodlawn Road in Dartmouth just after 2:30 p.m. Monday to a report of a man being sprayed by an unknown teen.

Police said the 55-year-old man had spotted a group of three young males standing in a pathway throw an item towards a nearby residence, then run away.

When they returned a short

time later, police said the man confronted the group and one of the teens sprayed a sensory irritant in his face.

The group then ran away toward Farquharson Street. The victim received treatment on-scene from paramedics.

There is a limited description of the suspects, which police said are likely 15 to 17 years old. One has curly hair.

Anyone with information about the incident is asked to call police at 905-490-5016 or send an anonymous tip to Crime Stoppers.

METRO



William Sandeson arrives at provincial court in Halifax on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Samson case put off

DALHOUSIE UNIVERSITY

Suspect in court next month for preliminary inquiry dates



Zane Woodford
Metro | Halifax

The man charged with first-degree murder in the August killing of a Dalhousie University student has had his case put over till next month.

William Sandeson, 23, appeared in Halifax provincial court on Tuesday.

The court date was supposed to set dates for a preliminary inquiry in the case, but because defence lawyer Eugene Tan estimates that process will take about two weeks, it had to be scheduled in a different courtroom.

Sandeson will be back in court on Nov. 10 to set those dates if he and his lawyer decide to go that route.

They could opt to forgo the preliminary inquiry, which would mean the case would go to trial sooner.

+ DOCUMENTS

Lawyer expects pile of disclosure papers to grow

William Sandeson's lawyer Eugene Tan said outside of court that there were about 4,000 to 5,000 pages of disclosure so far, and he expects that amount will likely grow. "In this type of case, I don't think that's out of the ordinary," he said. "I wouldn't be surprised if that doubled within the next couple of months."

Last week, Sandeson was denied bail after a three-day hearing in the Supreme Court of Nova Scotia in Halifax.

The evidence presented in that hearing is covered by a publication ban. Two police officers working on the case testified for the Crown, and Sandeson's proposed sureties — his parents — testified for the defence.

Sandeson is accused of killing Taylor Samson, 22, after the victim had been missing for four days.

Police searched properties in Halifax and Truro, but Sandeson's body has not been found.

COURT

Double-murder case delayed after defendant fires lawyer

The trial of a Nova Scotia man facing two counts of first-degree murder came to an abrupt halt before it began Tuesday, after Gerald Ashley Rushton told the court he had dismissed his defence lawyer.

The twist in proceedings came a day after a jury was selected and after Rushton, 49, had pleaded not guilty to killing his common-law wife and her daughter.

The bodies of Elizabeth Mac-

Pherson, 53, and Brittany MacPherson, 24, were found on Dec. 27, 2013, inside a home near Bible Hill.

Five weeks had been set aside for Rushton's trial in Nova Scotia Supreme Court, but his sudden dismissal of defence lawyer Terry Sheppard prompted Judge Michael Wood to adjourn the case until Nov. 26, in order to give the defendant time to consider getting a new lawyer.

The move came just before the first witnesses were to testify before the seven-man and seven-woman jury.

"Given the seriousness of the charges against him (Rushton) I considered it not fair to expect that he would be in a position to proceed on his own representing himself today," Wood explained to the jury, which had not been present when Rushton made his adjournment request. He told the jury he would use his discretion under Section 632 of the Criminal Code to excuse them from their duties because the trial hadn't started and no evidence had been heard.

"I could have suggested that you all stay together as a group



The home at 492 Pictou Rd. in the Truro area, where a mother and daughter were killed on Dec. 27, 2013. TC MEDIA FILE PHOTO

for however many months it takes to get rescheduled and come back again. That's not practical or fair in the circumstances."

Wood also told the court he hoped it could be determined

on the next court date whether he would continue to preside over the trial.

Outside court, Sheppard said Rushton only informed him of his dismissal earlier Tuesday.

Sheppard wouldn't say

whether he had previously discussed the possibility with Rushton and added that he came to court ready to proceed with the trial.

Crown attorney Alison Brown said she only found out about Rushton's decision minutes before court proceedings began Tuesday.

Brown expressed disappointment, but said her case wouldn't be affected. She couldn't comment on how long it would take to get back to trial. "It certainly depends on whether Justice Wood is seized with this matter, whether another justice now can preside over the jury trial and the court scheduling," said Brown.

THE CANADIAN PRESS



It is a burden on the system for sure. But people must keep in mind that these are very difficult decisions and difficult cases.

Defence lawyer Terry Sheppard



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[illegible]

Katie Belle makes first voyage

STEWIACKE

Cousins launch boat in front of hundreds

Hundreds of cheers filled the air along the Shubenacadie River by Ralph's Fish Shack.

The cheers stopped, and holders of concern started to ring out — the Katie Belle was drifting in the wrong direction.

But once her crew, lead by cousins Evan and Nick Densmore, got the jet engines running, the cheers again started.

"Relief, such relief," said Sharon Densmore, Evan's mother, after her son started down river toward Maitland. "It's been a long time coming and these

men put their heart and soul into this. They stayed behind when a lot of their friends went out west, they started their families here, and hopefully they will have some success here."

Cars lined Main Street in Steviacke from the businesses next to Highway 102, down to fill every vacant spot heading down to the river.

Some were also parked on the highway ramps, giving spectators a one-kilometre walk to the shore.

Some climbed the hill behind a carpool parking lot and watched, speeding cars behind them.

"I'm so impressed with these boys," said Diane Dodge, aunt to the two men who spent a total of five years working on the 78-foot schooner. "They are amazing. Their commitment



The schooner takes to the water on Tuesday. TC MEDIA

is a family trait. They're smart men, and there are some smart men behind them."

Evan and Nick Densmore

started to hatch a plan after travelling. They wanted to build the schooner as a tribute to their great-great-grand-

father, Arthur Cameron.

Cameron operated Cameron Shipyards in South Maitland more than a century ago.

66

It's been wonderful all week. Everyone has been amazing.

Diane Dodge

"The turn out is fabulous," said Dodge.

With family surrounding her watching from the shoreline, more family was working on the launch, either directing traffic or crowd, or handling the lines before the launch. Many were on board the Katie Belle as well. With boaters in the river on standby, Becky McCoull's father was one of them.

"It's a big event for Steviacke," she said, as her son, Nate, stood next to her.

TC MEDIA

FRAUD

RCMP warn of tax scam

RCMP across the province are warning people after multiple incidents of fraudsters trying to scam people out of their money by posing as the Canada Revenue Agency (CRA) were reported.

On Tuesday, Nova Scotia RCMP said they are asking citizens to be careful when receiving calls or emails from the CRA, as it could be a scam leading to identity or financial theft.

Recent scams involving telephone calls using threatening language to scare residents into paying fake debt to the CRA have been reported, the RCMP said.

There have also been emails that refer residents to a website resembling the CRA, where they are asked to verify their identity by entering personal information.

According to a release, the RCMP said the CRA would never ask for information on your passport, health card, or driver's license, and never leave personal information on your answering machine or ask you to leave similar information on another machine.

The RCMP said when they CRA calls, it has specific procedures in place to make sure your personal information is safe.

If a resident wants to confirm the authenticity of a CRA telephone number, they can call the agency by using the numbers listed on their website at cra.gc.ca.

METRO



CHILIFAX LOCAL FOOD AT LOCAL LIBRARY The Kilted Chef Alain Bosse, right, stirs up a huge pot of chilli as Select Nova Scotia hands out free locally made chilli outside the Halifax Central Library on Tuesday. The event, called Chilifax, aims to promote buying local ingredients for your cuisine. JEFF HARPER/METRO

STELLARTON

Lawyer takes action on church closure

Roseanne Skoke believes she's being evicted from her church.

The Stellarton lawyer and former MP is taking legal action in an attempt to stop the closure of Our Lady of Lourdes Church in Stellarton.

"I view this as an eviction. This is an eviction of our parishioners — of my parish family that I've worshipped with for years."

Skoke isn't alone in her fight. She has 121 signed affidavits of others who feel the church should be saved and are

claiming an equitable interest in the building.

Speaking to media who requested information Tuesday she said she felt compelled to take the action.

"The reason I've done that is because there has been an outcry from our parish and, most importantly, an outcry from different parishes across the province that have been subjected to the closure of their church," she said.

What she's asking for is an injunctive relief prohibiting

+ ATTENDANCE

In an interview Tuesday, Father MacGillivray said the closures are necessary to address the declining church attendance as well as a shortage of priests.

the closure of the church and sale of the property which would involve making the church buildings secularized buildings and she claims would

interfere with the parishioners' rights to exercise freedom of religion, association and belief by practicing their faith at Our Lady of Lourdes.

The church is one of three that was scheduled to close this year after a pastoral planning committee gave its recommendations that three churches close by the end of October.

St. Ann Parish in Thorburn and Christ the King Parish in Trenton are also being closed.

TC MEDIA

IN BRIEF

Fishermen rescued

A pair of Nova Scotia fishermen had to be rescued Tuesday after getting caught by the incoming tide in the Cobequid Bay.

Police told the RCMP that the Bass River Volunteer Fire Department was dispatched with its Zodiac boat. The boat was able to retrieve one of the two men, but a helicopter had to be called in to rescue the second man. RCMP say both men are safe and sound. THE CANADIAN PRESS



EATING DISORDERS BREAKING THE SILENCE Members of a crowd taking part in a March Against Eating Disorders rally hold signs at Victoria Park on Tuesday. The Halifax event was among others being held across Canada and the United States to start a public discussion about eating disorders. JEFF HARPER/METRO

POLLUTION

Pulp mill emission levels too high

The Nova Scotia government says recent tests at a pulp mill near Pictou show pollution emissions above acceptable limits.

The Environment Department has issued a statement saying it has handed a directive to Northern Pulp.

The directive says the company must complete an independent engineering assessment of its power boiler system by Nov. 30.

The department says the evaluation must include recommendations for modifications needed to lower emissions. According to stack test results conducted in September by Stantec Consulting Ltd., the boiler's emissions remain above acceptable limits.

Northern Pulp Nova Scotia Corporation says it has already completed the commissioning of the company's new \$35-million electrostatic precipitator.

The company also says in an e-mail it is committed to "resolving the issue of power boiler emissions." It says preliminary findings show there's too much combustion air within the power boiler furnace, causing increased particulates.

The e-mail from spokeswoman Kathy Cloutier says as the excess air is removed, particulate levels are expected to fall below the regulated limits.

Cloutier also says that bark size can increase particulate size, and the company is planning to study the issue. THE CANADIAN PRESS

Art students dive into Fortress Louisbourg lore

HISTORY

Participants get into 18th-century spirit

Creative energy and perhaps some spiritual forces flowed through a group of Nova Scotia

College of Art and Design students as they toured Fortress Louisbourg this week.

The eight students are spending the week at the National Historic Site as part of a collaboration between the college and Parks Canada that's now part of one of their foundation courses.

The hope is the experiences will spur the students to create art through different mediums.

During the week, the students have slept in the military barracks, cooked on an open fire and dressed in 18th-century clothing.

Though all experiences were cherished, students said ghost

stories that combined folklore with modern technology were the most memorable aspect of the visit.

"It felt so atmospheric. You just let your imagination go with it. It really helps with the experience to let it all happen," said student Nick Chapman.

CAPE BRETON POST

+ EXHIBITS

Trip to yield creations

Projects that students create from their visit will be presented at an exhibit at their school's gallery later this year.



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Logistics defy refugee vow

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to bring 25,000 government-sponsored Syrian refugees to Canada by year-end.



Michael Woods
Metro | Ottawa

When the Syrian refugee crisis seized the federal election campaign in early September, Justin Trudeau's proposal was arguably the most ambitious of the party leaders: He promised the Liberals would bring 25,000 government-sponsored Syrian refugees to Canada by the end of the year.

Refugee experts and advocates now say while that target is laudable, resettling them all by the end of the year would be logistically difficult.

"We don't think the government should get too hung up on making sure that it happens by the end of the year," said Janet Dench, executive director of the Canadian Council for Refugees. "It's better to take a few extra weeks and get it right than to rush just to meet an arbitrary deadline."

The Syrian conflict has displaced 11 million people since 2011, 4 million of which have fled beyond Syria's borders.

The United Nations High Commissioner for Refugees, upon which Canada relies for refugee referrals, is overwhelmed by applications and hasn't been able to refer refugees to Canada in significant numbers.

Once refugees are referred to Canadian authorities, they have to go through criminal, medical and security checks.



Refugees who came from Croatia wait in the border town of Rigonce, Slovenia, on Tuesday. Many are seeking higher living standards away from conflict cross the Croatia-Slovenia border on their way into Europe. STIPE MAYIC/ANADOLU AGENCY/GETTY IMAGES

The Canadian Council for Refugees, in an open letter to Trudeau, recommended he convene a national meeting involving all orders of government and other groups to plan Canada's resettlement of Syrian refugees. It also asked him to introduce flexible measures, such as temporary resident permits, for Syrians with family already in Canada.

Instead of processing them overseas, "it's basically an evacuation program. You just bring them to Canada and you do the processing here if they wish to apply for permanent residence," Dench said.

Measures the Conservative government took during the campaign will also make a difference. Syrians and Iraqis fleeing conflict no longer have to prove they're refugees under UN rules, but will be presumed to be refugees by Canadian authorities.

"That will expedite the process very significantly," Alboim said.

She added that Canada has also increased the number of visa officers in Beirut to 15 and has appointed two well-respected, veteran bureaucrats to co-ordinate the process in the civil service.

Trudeau PROMISES TRACKER

PART III

- GENDER PARITY
- TAXATION
- **REFUGEES**
- CLIMATE
- INDIGENOUS WOMEN

Then there's the matter of actually bringing them here.

Transportation arrangements, reception, accommodations, English or French lessons, bank accounts — all this work is done through the co-ordination of various levels of

government, non-government organizations and community groups.

Upping Canada's intake can

be done faster, but it shouldn't be rushed to meet a year-end deadline, experts said.

"We have really expert people on the ground that can do all this, but they need some lead time," said Naomi Alboim, chair of the Policy Forum at Queen's University's School of Policy Studies, and a former Ontario deputy minister of immigration. "A matter of weeks is not sufficient lead time to turn an operation like this on a dime."

Alboim helped oversee Canada's resettlement of Indochinese boat people over two

years in 1979 and 1980. That well co-ordinated effort saw Canada take in 60,000 people over two years.

The Syrian crisis presents new challenges. For example, the Indochinese refugees were mostly in camps. But most Syrian refugees aren't in camps and are thus harder to find and process.

"The Syrians are living in fields and barns and base-ments, and there's no organizational infrastructure for the refugees, and some environments are not terribly secure," Alboim said. "A visa officer

can't walk down the street and say, 'Any Syrian refugees want to come to Canada? Line up here.'"

No one is suggesting we should put aside security in order to (bring in refugees).

Prime minister-designate Justin Trudeau, in Halifax in September



| | | |
|---|--|----------------------------|
| 2015 | SUPREME COURT OF NOVA SCOTIA | Htx No. 441120 |
| BETWEEN: | THE TORONTO-DOMINION BANK, a body corporate - and - MAYNARD ARTHUR HARRIS | PLAINTIFF DEFENDANT |
| NOTICE OF PUBLIC AUCTION | | |
| To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid: | | |
| Property: ALL that certain parcel of land known as Rocklyn Road, Halifax, Halifax County, Nova Scotia, also known as PID 00269084 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 84857961. The parcel has been registered pursuant to the Land Registration Act. | | |
| A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours. | | |
| Date of Sale: | Wednesday, November 25, 2015 | |
| Time of Sale: | 2:00 o'clock p.m., in the afternoon, Local Time. | |
| Place of Sale: | The Law Courts, 1815 Upper Water St., Halifax, Nova Scotia | |
| Terms: | Ten per cent (10%) deposit payable to BoyneClarke LLP in trust, by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed. | |
| Signature | Signed on the ____ day of October, 2015. | |
| I, Andrew Rankin NICHOLLS 1800-1801 Hollis Street Halifax, NS B3J 3N4 Telephone: 902-423-6361/Fax: 902-420-9326 10255-1035510/kd | Joshua J. Santimaw, Barrister and Solicitor BoyneClarke LLP | |

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Hadley Hello
- 5 Halsey The New Americana
- 4 Ellie Goulding On My Mind
- 3 Macklemore ft Ryan Lewis Downtown
- 2 The Weeknd The Hills
- 1 Drake Hotline Bling

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IN BRIEF

Fords tanked Harper's campaign: Pollster

The Ford brothers' cameo in Stephen Harper's election campaign drove potential voters away from the Conservative Party more than the Duffy trial did, exit polling has found.

"It was clearly a mistake to be seen with the Fords," pollster Greg Lyle told Metro on Tuesday. "It didn't really rally the base, it pushed away swing voters. Not a good move."

Among the Conservative's swing voters, Harper's appearance at an Oct. 17 event organized by Rob and Doug Ford earned a net score of -33 per cent. It proved the most overwhelmingly negative factor for swing voters regardless of issue or party.

Lyle said the information should discourage politicians from buddying up with the Fords in the future.

JESSICA SMITH CROSS/METRO

Court to decide fate of indigenous school records

Ontario's top court today begins hearing a dispute over what to do with sensitive records from Indian residential schools.

The records are of the stories told by thousands of survivors who sought compensation for sexual and other abuse.

In August last year, a judge said the material should be kept 15 years and then destroyed.

Justice Murray Sinclair, who headed the Truth and Reconciliation Commission, said his concern is that the stories of what went on in the schools will be lost forever if the "rich trove" of documents is destroyed as Justice Paul Perell ordered.

THE CANADIAN PRESS



The bow of the Leviathan II, a whale-watching boat owned by Jamie's Whaling Station carrying 24 passengers and three crew members that capsized on Sunday, is seen near Vargas Island as it waits to be towed into Tofino, B.C., Tuesday for inspection. CHAD HIPOLITO/THE CANADIAN PRESS.



A memorial is set with candles and flowers at the First St. dock. CHAD HIPOLITO/THE CANADIAN PRESS PHOTO



A sea lion jumps out of the water near a life raft used on the whale-watching boat Leviathan II, near Tofino, B.C. CHAD HIPOLITO/THE CANADIAN PRESS

'We're all traumatized'

LEVIATHAN II

Victims of ship sinking mourned as mystery probed

Investigators are trying to unravel the mystery of what caused a whale-watching boat to capsize off Vancouver Island in seemingly calm weather, killing five British nationals including a father and his teenage son. A fisherman who was among the first rescuers on the scene offered a clue, saying a survivor told him that a sudden wave capsized the boat.

A search continued for a missing Australian man. Twenty-one

people were rescued.

Two of the victims were identified Tuesday as David Thomas, 50, and his 17-year-old son Stephen, from Swindon in southern England.

The Down Syndrome Association UK said in a statement David Thomas was a "huge supporter" of the organization and "one of the driving forces behind the Swindon Down's Syndrome Group, where he was a trustee."

Stephen Thomas, who had Down Syndrome, "was a very talented young man and a gifted photographer," the association said in a statement.

"His love of photography started when he was eight years old. We were all delighted when Stephen's beautiful image Moraine Lake won the national My Per-

spective photographic competition last year," the association said.

Investigators will review the weather, wreckage and the maintenance history of the 20-metre Leviathan II to determine why it capsized Sunday afternoon, said Marc Andre Poisson, Director of Marine Investigations for Canada's Transportation Safety Board.

He said the investigation could take months.

A senior employee of Jamie's Whaling Station, the company operating the boat, said the vessel sank so quickly the crew didn't have time to issue a may-day call. The crew shot flares from the water which attracted the attention of local aboriginal fishermen who rushed to help

rescue people, said Corene Inouye, the company's director of operations.

Jamie Bray, the owner of Jamie's Whaling Station, said the boat sank in an area it goes to every day. He said he's had minimal contact with the crew and is co-operating with investigators to determine what caused the boat to flip over.

"This vessel has operated for 20 years with an absolutely perfect safety record. This is something just totally out of the blue," Bray said. "We just don't understand and we won't know the answers until the Transportation Safety Board finishes their investigations."

"We're all traumatized," Bray said, his voice shaking.

THE ASSOCIATED PRESS

+ SAFETY
Investigation ongoing into capsized Leviathan II

The whale-watching ship that sank off Vancouver Island and is now at the centre of multiple investigations was inspected annually since 1998 and certified to carry 46 passengers. Transport Canada spokeswoman Jillian Glover said the vessel was last inspected March 6, 2015. The ship's owner said the Leviathan II had about 50 adult life jackets, 20 children's life jackets and three life rafts.

THE CANADIAN PRESS

FOREIGN AFFAIRS

'Legend' Ken Taylor lauded at memorial

Family, friends and dignitaries that included prime minister-designate Justin Trudeau and one of his predecessors, Joe Clark, paid tribute Tuesday to Ken Taylor, Canada's former ambassador to Iran who garnered international fame for helping six Americans escape the country during the 1979 hostage crisis.

The ceremony, kept light in accordance with Taylor's wishes, heard him described as a fun-loving, generous man with a taste for fine brandy and fierce loyalty to his friends.

"My grandfather was simply

a legend," granddaughter Kasia told those gathered in the large downtown Timothy Eaton Memorial Church.

Taylor, 81, died on Oct. 15 in New York after being diagnosed in August with colon cancer, his wife Pat by his side.

Clark, who authorized the November 1979 mission that saved the Americans from an Iranian mob that had stormed the U.S. embassy in Tehran, said Taylor's courage earned the admiration of people around the world.

THE CANADIAN PRESS



Pat Taylor, Ken Taylor's widow, speaks at the funeral of the former diplomat in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

ALBERTA

NDP reveals budget, \$36B debt by 2018

Alberta's NDP government will forge ahead building schools and hospitals and hiring more teachers and nurses, but the devastating impact of low oil prices has it planning to borrow money just to keep the lights on.

There's money earmarked in Tuesday's provincial budget to reduce school fees, start a school nutrition program and deliver a new child benefit for low-income families.

There's also cash to provide employers with grants of up to

\$5,000 for each new job created over the next two years and an extra \$1.5 billion to improve access to capital for small- and medium-sized businesses.

Much of the spending is being underwritten by record debt, which is pegged to reach \$36.6 billion by 2018. And starting next year, the province plans to borrow money to pay not just for capital projects as it has in the past, but for day-to-day programs as well.

THE CANADIAN PRESS

IN BRIEF

Deer walks into hospital ER after being hit by a car

A deer apparently hit by a car brought itself to a Rochester, N.Y. hospital. The deer walked through the automatic doors at the entrance to Strong Memorial Hospital's emergency room late Monday afternoon and made it 20 feet down a corridor before being corralled. Two sheriff's deputies happened to be there and with hospital public safety officers, strapped the deer to a gurney and wheeled it out to the parking lot. One of the deputies put down the deer.

THE ASSOCIATED PRESS

Police pull over hearse, find coffin full of caviar

Police in Russia's far east stopped a speeding hearse — to find half a ton of caviar stashed inside, hidden under the wreaths lying next to a casket and inside the otherwise empty casket. The driver and his partner told police they'd been hired by a man allegedly to take the casket with the body of a female relative to a city morgue. Police are considering charges for illegal production and distribution of caviar, which is strictly regulated in Russia.

THE ASSOCIATED PRESS

German condom company in court for orgasm claim

A German condom manufacturer has run into legal trouble with a claim that a packet of seven of its products "corresponds to up to 21 orgasms." Berlin company Einhorn asked a court in Duesseldorf to overturn an injunction obtained by a German rival, Fair Squared, barring it from using the claim. Einhorn lawyers argued it was all just a joke but presiding Judge Johanna Brueckner-Hofmann said the slogan is "suited to deception" and could tempt people to use the condoms several times.

THE ASSOCIATED PRESS

Kansas university builds giant cage for drones

Researchers at Kansas State University's Salina campus have built a giant cage to test drones in real-world conditions, while meeting Federal Aviation Administration safety regulations. The netted structure looks like a golf driving range and allows the wind, rain, and snow into the test area while not blocking GPS signals. That means that researchers can test the drones in lifelike situations without risking safety.

THE ASSOCIATED PRESS

Rescuers, relief workers head for quake-hit zones

AFGHANISTAN, PAKISTAN

Responders go on foot to most remote areas as toll rises

As the death toll in the massive earthquake that struck the remote Hindu Kush mountains soared above 300, officials on both sides of the Afghan-Pakistan border warned on Tuesday that casualty figures will likely leap once relief workers return from villages so remote they can only

be accessed on foot or by donkey.

Rescuers in both countries were struggling to reach quake-stricken regions as officials said the combined death toll from Monday's earthquake rose to 376.

Authorities said 258 people died in Pakistan and 115 in Afghanistan in the magnitude-7.5 quake, which was centred in Afghanistan's sparsely populated Badakhshan province that borders Pakistan, Tajikistan and China. Three people died on the Indian side of the disputed region of Kashmir.

The earthquake, with its epicentre close to the Badakhshan

+ SUPPLY LINE

Pakistan opens highway

Military engineers opened portions of the Karakoram Highway blocked by landslides, allowing relief supplies to get to the north. Helicopters and planes were

transporting relief supplies and engineers were working on restoring communication lines disrupted by landslides, said Lt. Gen. Asim Saleem Bajwa.

THE ASSOCIATED PRESS

district of Jarm, damaged many of the few existing roads, officials said. Dropping aid by air will be the only way to reach many of the needy, but those operations were not likely to start for many

days until survey teams on foot return and report on the damage.

The Pakistani town closest to the epicentre is Chitral.

Monday's quake shook buildings in the capital, Islamabad,

and cities elsewhere in Pakistan and Afghanistan for up to 45 seconds in the early afternoon, creating cracks in walls and causing blackouts.

The earthquake destroyed more than 7,600 homes across Afghanistan and injured 558 people. Badakhshan Gov. Shah Waliullah Adeb said more than 1,500 houses there were either destroyed or partially destroyed.

Food and other essentials were ready to go, he said, but "getting there is not easy." Many people were sleeping outdoors, braving freezing temperatures for fear of aftershocks. THE ASSOCIATED PRESS

LION TERRITORY

A lion on the prowl in Senegal's Niokolo-Koba National Park. This image, captured by Philipp Henschel of the New York-based research group Panthera, is a rare sighting that may become rarer still, as research published Monday shows sharp declines in nearly all lion populations in West and Central Africa. It says both regions could lose half their lions within the next two decades.

PHILIPP HENSCHEL/PANTHERA
VIA THE ASSOCIATED PRESS

REFUGEE CRISIS

World must give aid, protect 13.5 million Syrians now: UN

The United Nations said Tuesday the conflict in Syria has left 13.5 million people in need of aid and protection, including more than six million children.

UN humanitarian chief Stephen O'Brien told the Security Council that figure represents an increase of some 1.2 million people in just 10 months, and with winter fast approaching the situation is dire.

"This is one of the largest displacement crises of modern times," he said.

O'Brien said there are some 6.5 million people displaced in-

side Syria, including well over 1.2 million so far this year and over 120,000 who have fled their homes in the country's north since early October.

O'Brien said 4.2 million Syrians have fled the country, including an increasing number risking dangerous boat trips to reach Europe. He said over 50 per cent of the 680,000 people arriving in Europe via the Mediterranean in 2015 are Syrian.

"They have a right to seek asylum without any form of discrimination," O'Brien added.

THE ASSOCIATED PRESS

EU risks credibility in refugee response

The European Union appealed to member countries on Tuesday to deliver on promises to deal with the refugee emergency, warning that the EU's credibility is at stake.

More than 600,000 people have entered Europe by land and sea this year seeking sanctuary or jobs, overwhelming border authorities and reception facilities. More than 3,000 have died.

In response, EU leaders promised to share refugees from Italy and Greece, boost spending and send police, border guards and

experts to help register arrivals. But so far actions have not matched the speeches delivered at five summits this year.

"The gap between the pledges and what is on the table must be reduced, otherwise we are losing all kinds of credibility," European Commission President Jean-Claude Juncker told EU lawmakers.

The Commission has now earmarked almost 10 billion euros (\$11 billion) for spending on migration policy this year and next, he noted.

THE ASSOCIATED PRESS



A Syrian mother hugs her children after arriving in Greece. THE ASSOCIATED PRESS

BORDER SECURITY

Sneaky snowbirds to get wings clipped

Snowbirds beware: The federal government will use its planned border exit-tracking system to avoid paying hundreds of millions of dollars in social benefits now going to people who shouldn't receive them due to absences from Canada.

Newly obtained memos say the Canada Revenue Agency and Employment and Social Development Canada expect to save between about \$194 million and \$319 million over five years once the long-anticipated system is fully in place.

Under the 2011 perimeter security pact, Canada and the United States agreed to set up co-ordinated systems to track entry and exit information from travellers.

The first two phases of the program have been limited to foreign nationals and perma-

nent residents of Canada and the United States, but not citizens of either country.

The initiative was to be expanded by June 30 of last year to include information-sharing on all travellers crossing the land border.

In addition, Canada planned to begin collecting information on people leaving by plane — something the United States already does.

A summer 2014 memo, recently released under the Access to Information Act, says savings can be expected through "preventing abuse and eligibility fraud" with respect to the employment insurance, old age security and child tax benefit programs by ensuring Canadian residency requirements are fulfilled.

THE CANADIAN PRESS



The government plans to use the Canada-U.S. border entry and exit tracking systems to identify people who should not be eligible for social benefit payments. THE CANADIAN PRESS FILE

market minute

| | |
|--|-------------------------------------|
| | DOLLAR 75.38¢ (-0.59¢) |
| | TSX 13,699.60 (-91.30) |
| | OIL \$43.20 US (-78¢) |
| | GOLD \$1,165.80 US (-40¢) |

NATURAL GAS: \$2.092 US (+3.0¢)
DOW JONES: 17,581.43 (-41.62)

IN BRIEF

Tim Hortons' profit grows
New menu items at Tim Hortons — like the grilled breakfast wrap and Creamy Chocolate Chill drink — gave its owner a boost in the third quarter. Restaurant Brands International reported Tuesday that its profit grew to \$49.6 million US in the quarter. THE CANADIAN PRESS



Roots co-founders with their new partners at the flagship store in Toronto on Tuesday: from left, Roots co-founder Michael Budman, Searchlight co-founders Erol Uzumeri and Eric Zinterhofer, and Roots co-founder Don Green. CNW GROUP/ROOTS CANADA LTD.

Brand is expected to stick to its Roots

RETAIL

Strong ties to Canada good for company, observer says

Jessica Smith Cross
Metro | Toronto

The sale of a majority stake in Toronto-based Roots Canada to an international private equity firm will help spread Canadiana around the world, one expert says.

David Soberman, a marketing professor at University of Toronto's Rotman School of Management, said Roots has become associated with Canadian Olympic gear. But, otherwise, it's been very dormant. "One of the things that brands need to do is create excitement from time to time," Soberman said.

The acquisition by Searchlight Capital is expected to help create that excitement. Exactly how that will happen remains to be seen. Officials with Roots declined interviews Tuesday, the day after the sale was announced.

But having the brand square-

“If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence.”

David Soberman

ly associated with Canada works in the company's favour, Soberman said.

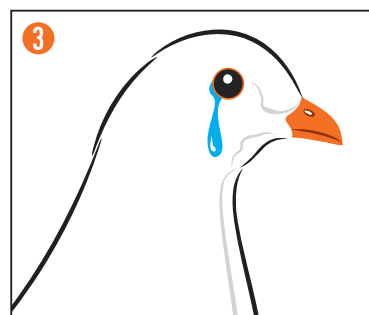
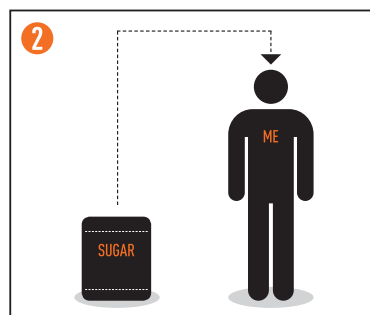
"Canada's image worldwide is pretty good," he said. "We're

non-threatening and seen as welcoming, these are positives, and we have this image of being quite natural and wildlife and all that — those are things that people like."

Even though Searchlight Capital is an international company, Roots will remain based here and its brand is expected to remain much the same.

"Brands are really created through their heritage and the experience people have with them," said Soberman. "If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence."

YOU'LL NEVER GUESS WHAT **JACK** WILL PLAY NEXT



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WHENEVER!

ANSWERS: 1. POKER FACE. 2. POUR SOME SUGAR ON ME. 3. WHEN DOVES CRY.



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My cubicle is beside a co-worker I really like. But he has really bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. Should I say something?

Dear Ellen,

I work in an office. My cubicle is right beside a co-worker who I really like and think of as a valuable work friend, but he has very bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. He also smells like he is smoking and drinking a lot. And he even has a bad cat smell on him, like he got sprayed by a tomcat or something. Seriously, one day my eyes were actually stinging and I had to keep getting up and pretend to get coffee, etc.

Should I say something to him?

Raya, Calgary

Dear Raya,

Strictly speaking, it is not good manners to tell a co-worker that they literally stink. But if you're working with someone who reeks of rancid perfume or who repeatedly skips showering after a hard workout at the gym, you are perfectly entitled to speak up. If they are reasonable individuals who respect their co-workers, they probably don't even realize they're giving offence, and all it will take is a private, tactful word to solve the problem. If, on the other hand, they are arrogant, boorish idiots who don't care how offensively smelly they are, you can take the problem to human resources or a manager and hope that works.

In a case as extreme as this one, however, either approach might be dangerous — for you as well as your co-worker. Judging by your description, romantic rejection has pushed him close to the edge. If he feels attacked by HR or a manager about his personal hygiene, it could send him right over it.

And if he's bearing any repressed anger toward his

ex, no amount of tact on your part is going to make criticism of his current state acceptable. Think about it: He's falling apart because one woman seems to have deemed him subpar as a life mate. Now he's at work, perhaps the last place he feels safe, and another woman walks up and deems him subpar as a workmate.

This doesn't mean you have to suffer in silence. It just means you have to find another way to deal with it.

The first step is to blame the cat. If your eyes are stinging, and you give them a little rub so they look even redder, and if you can manage a stifled sneeze or two, you can tell your friend you have a severe cat allergy. Usually it's not a problem (you can

explain), but maybe lately his naughty cat has been sleeping on his clothes and leaving a lot of dander that now seems to be floating around the office? It's more likely your friend is passing out drunk and fully clothed each night in the filthy, hairy cat bed, then coming to work in the same outfit, but you don't need him to admit this. Your question just needs to remind him what's happening, and this may be enough to inspire him to start changing his clothes once in a while, which is a good start to the odour problem.

Admittedly, this step will be a little tricky if you own one or more cats yourself, and you have pictures of them all over your desk. But the fact is, some breeds are worse than

others when it comes to dander, so it's worth a try.

The second step is to address your friend's mental state rather than his physical state. Rather than comment on his appearance or avoid him altogether, take him out for a coffee and tell him he's seeming a bit rough these days psychologically. Ask how he's coping with the breakup, and tell him you're always there if he wants to talk.

It may take a bit of effort, but sometimes good manners do. And if your support can pull him out of his downward spiral and eventually get him to take a shower, it'll be a win-win for you both.

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castillo

ROSEMARY WESTWOOD

metroview

Thanks to Ai Weiwei, Lego can't build a politics-proof brand

You know it as a synonym for your childhood.

Now, consider Lego: enemy of Ai Weiwei.

The star Chinese artist has never been one to go gently. And despite accusations he's softened his stance on the Communist government (he said they now have "a basis of trust" after authorities dropped his travel ban), Ai is going hard on the maker of colourful building blocks.

And for Lego, it's lose-lose.

In September, the company refused to sell an Australian museum a bulk order of Lego — Ai's chosen material for an upcoming show.

Lego's reason, according to Ai and later confirmed by a spokesman: "They cannot approve the use of Legos for political works."

That alone doesn't seem to have sparked the artist's outrage. Ai only posted about the put-down after the announcement of a Legoland amusement park to be built in Shanghai. He accused Lego of censorship and discrimination. He drew connections to its corporate interests in China, and its refusal to help the country's most famous dissident.

And Ai's fans — a bona fide international force — responded. They're donating Lego in Beijing, Melbourne and Berlin. Ai has "decided to make a new work to defend freedom of speech and 'political art,'" he wrote on

Instagram.

Lego has been taking heat on Twitter, and offered a contradictory and unconvincing response: "We respect everyone's right to creative expression, we don't censor, prohibit/ban creative use of LEGO bricks." Anyone can buy as many bricks as they want, the company wrote, "We just can't offer direct bulk purchases to facilitate such projects. We hope this helps to explain things!"

Despite the "I" — no, Lego, it doesn't. "Just can't" isn't a lucid corporate policy — it's teenage speak for "don't wanna." And as Ai pointed out, the refusal gives plastic blocks far too much credit.

Lego reportedly pleased China (a lucrative market), earning praise from state-run media. But that doesn't make this a Lego win.

With his godlike pop-culture status, his global reach and compulsive use of Twitter and Instagram, Ai, himself is a force to be reckoned with. He could damage the innocence of Lego's brand. Chinese authorities make or break a Legoland project in Shanghai, but Ai's influence spans the globe. Everything that touches him turns political. And no one and nothing that touches him can stay out of it.

"The Internet is like my canvas," he told the New York Times. And whether Lego likes it or not, Ai will use its toys, and take to its brand with his brush.

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PHILOSOPHER CAT
by Jason Logan

IF YOUTH KNEW,
IF AGE COULD.

HENRI ESTIMME



Baby boomers are more likely to spend money on recreation into their retirement, where the older generation is more likely to buy health supports. SHUTTERSTOCK

What does it mean to be a senior?

ACTIVE

Young seniors taking different paths than their parents did

Jennifer Taplin

With almost 19 per cent of the population over 65, Nova Scotia is more than a little grey.

But trying to define “senior” is a problem in itself. People who are 50 sometimes get thrown in

with people who are 65 and 90, but they’re nowhere near alike. Often one is a child of the other, said Janice Keefe, director at the Nova Scotia Centre on Aging at Mount Saint Vincent University.

“In the past, Nova Scotians had a much higher proportion of chronic disease and disability than other provinces and partially that’s attributed to the aging population,” she said. “But because some of the new seniors, they are generally quite a bit healthier and quite engaged in society.”

Baby boomers are now 51 to 69 years old and they tend to take quite different paths than their

parents did at this age.

“The younger group would not see themselves as seniors. Most of them are still employed, they’re still active,” Keefe said.

Where their parents had a set retirement date, baby boomers are working much longer — especially people in professional occupations. They also have more disposable income and are more in debt, she added. The older generation tends to be more conservative in their consumption, perhaps due to their life experiences.

Baby boomers have a safety net their parents didn’t have, Keefe said. Plus, baby boomers

entered the workforce when the economy was booming after the war and received better benefits than their children, who are in their 30s, have now.

Baby boomers are more likely to spend money on recreation into their retirements where the older generation is more likely to buy health supports like hearing aids or products which help them to feel safer in their homes.

As for activity, the older generation was more likely to engage in volunteering throughout their lives, Keefe said, where baby boomers are more likely to have more time for leisure activities like golfing.

70 IS THE NEW 60

Contributing to the community

Susan Kerslake said when she was 50 she never thought about old age. It seemed very far away.

In fact, she said she’s shocked when she hears a 50- or 60-year-old classified as a senior because many of them are still working. Now at 72, she said people in her age group are concerned about

having enough services to go around for such a large section of the population. But many of them — herself included — still consider themselves contributors not drains on society.

“Most of the seniors I know are contributing and volunteering, (there are) several hundred at the IWK where I volunteer,” she said.

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Remaining active at the 55+ games

ACTIVE LIVING

Attendance swells at Nova Scotia's 6th annual games

Jennifer Taplin

It was more than a while since 59-year-old Annemieke Vink threw a javelin, discus or shotput.

She used throw quite a bit in high school and in university, but after that, it seemed there was never the opportunity. Fast forward to her 50s, and a friend opened her eyes to a whole different kind of competition — the Nova Scotia 55+ Games.

"Here's the thing about the 55+ Games: it wakes up what you used to do if you used to do it or it invites you to start something new," said Vink, who lives in Dartmouth.

Last month was the sixth provincial 55+ games, held in New Glasgow and Pictou County. It was the third games

for Vink who also competed at the provincial level in 2013 then at the nationals in 2014.

"It helps you have a target and 'OK I'm going throw, now what do I need to do to give myself a chance to throw without hurting myself?'"

Ever since the first provincial 55 games in 2005, participation numbers have swelled. In 2011, there were about 400, and 565 two years later. Brian Richardson, president of the 55+ Games Society, said the 2015 games were the biggest yet with 750 people competing in over 20 physical and non-physical events.

"We're going to have to be careful about how big we get if we get big because a lot of smaller communities wouldn't be able to handle (that)," he said. "But we're very comfortable at 750 and we might even top that number in Lunenburg County two years from now."

He attributes the growth in numbers to more and more seniors becoming aware of the games and by moving it around the province, it brings the games to the doorstep of people who might not have otherwise considered compet-



"It's about trying new things and meeting new like-minded people. And maybe there's a little part of our wonderful province they haven't been to before."

Brian Richardson, president of the 55+ Games Society.

ing. This year there were four women's hockey teams — an amazing feat according to Richardson. Besides the mainstays like curling, swimming, and track and field there were competitive events fairly unique to a 55+ competition: crib, bridge, washer toss, darts, and scrabble to name a few.

"It's designed to encourage seniors to be and remain active with their mind and their body. It gives them something to look forward to," Richardson said.



Besides the mainstays like curling and track and field, there were competitive events fairly unique to a 55+ competition: crib, bridge, washer toss, darts and scrabble. SHUTTERSTOCK

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metro AGES

THE EVOLUTION TO SENIOR LIVING.

metro  SPECIAL REPORT: METRO AGES

Wednesday, October 28, 2015 **17**

Getting women back on bikes

RIDING GROUP

Women on Wheels group emphasizes physical exercise and socializing

Jennifer Taplin

At 53 with back surgery in her recent past, Michele Raleigh looked at her bicycle with uncertainty.

Raleigh grew up in Nova Scotia, moved away in 1992 and returned to Musquodoboit Harbour last year.

She was home, but still somewhat a stranger in her new community.

"I was like I need to meet people and when you're not in college anymore it's a bit more difficult," she said.

Then she met Lynne Pascoe at a knitting group at the library.

Pascoe told her about a group she was putting together called Women on Wheels. It is a weekly riding group designed to get older women back on

+ ON WHEELS

There are Women on Wheels groups of a maximum 15 women each in nine communities across the province. Pascoe said 11 communities want their own groups next spring. The target age is 55+ but there is no restriction and younger women are joining too. Most participants are either retired or close to it, Pascoe said.

their bikes for physical exercise, socializing and connecting with their communities.

"I thought, well, I have a bike sitting there doing nothing," she said. "I said I don't know if I'll be able to do it, but I guess I'll give it a try. It was free, and they didn't seem to be very judge-y: 'oh you can do it, we'll help you along.'"

That was in the spring and the group is still going on regular rides – as long as the weather holds out.

"Physically I feel awesome because it gets you out exercising even when you don't feel like it," Raleigh said.

When she's gliding on her bicycle she said she feels nor-



Michele Raleigh looked at her bicycle with uncertainty before joining Women on Wheels. CONTRIBUTED

mal, like she was before the pain of back surgery. It also gave her confidence to try golfing again and even join a yoga class. Plus she met women in her community she might not

have connected with otherwise.

"One of the ladies is a young widow and I was talking to her about loss and stuff," Raleigh said. "We solved a lot of world

problems on our bike rides."

The first year of Women on Wheels was a tremendous success, Pascoe said. Women who didn't really get the chance to cycle when they were young

are now embracing it and making friends along the way, she said.

"Bikes are very forgiving and they're very good for old arthritic joints," Pascoe said.

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Sara Lamb says yoga can help people of all ages with flexibility, stress relief and recovering from injury. CONTRIBUTED

‘You are as young as your spine is supple’

KEEPING HEALTHY

Yoga is increasing in popularity among seniors

Jennifer Taplin

There's a common expression in Barb Stewart's yoga classes: "You are as young as your spine is supple."

Stewart teaches at the Ama La Vida Wellness and Yoga Studio in Dartmouth, where her oldest student is "83 years young."

"There is an increasing popularity of seniors in our classes and they keep coming," she said. "Most seniors are able to do what we teach and if they are unable to do certain movements, we guide them into another movement that is more comfortable for them."

Seniors who practice yoga regularly start noti-

cing improvements in body strength, flexibility and agility, Stewart said. They also find they're happier too.

Yoga is well suited for older adults and helps out with all kinds of common ailments she said. For example, as we age we lose balance — which contributes to falls. There are several yoga poses which help with that and other problems too like bad sleeping habits, chronic pain and depression, Stewart said.

"Yoga teaches us to be more aware of our body, its abilities

and functions," she said. "It is important to listen when it whispers so you do not have to hear it scream back at you."

Sara Lamb, who trained to teach yoga to seniors at Therapeutic Approach Yoga Studio in Halifax, said yoga is becoming more and more popular with people of all ages to help with flexibility, stress relief and recovering from injury.

"Also it's a wonderful time to connect with others. There can be a lovely sense of community in these classes," Lamb said.

For seniors, she particularly likes to teach standing poses using a chair, wall or other prop so her students can try strengthening poses with support. But any pose can be modified to suit the needs of a student, she added.

Taking a yoga class two to three times a week is ideal if possible, Lamb said, and beginners should take it easy to start.

"Be kind to yourself and respect your body's limits. Learning any new skill takes time — be patient and have fun."

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AGES THE EVOLUTION TO SENIOR LIVING.



metro **SPECIAL REPORT: METRO AGES**

Wednesday, October 28, 2015 **17**

Library classes popular with seniors

Jennifer Taplin

Trust the oldest “kids” in class to be the most annoyingly enthusiastic.

Tim Stretton, a Saint Mary’s University professor, is currently teaching a course on Crime and Punishment in England Before 1800 at the Central Library. The first hour of the class is open to the public and the second half is reserved for SMU students. University classes offered at the library are very popular with older adults.

“Because they’re choosing to come, they want to be there and they’re energized and they come with questions,” Stretton said.

The energy is a boost for Stretton but it also helps the 20-something university students in the room too.

“If you’re young, paid fees and feel like you’re in high school — do I have to be here? — you look around and see 70 people who not only have turned up and seem interested,” Stretton said.

Stretton has even received gifts from his older students:

one time he received a Queen Elizabeth doll after teaching a course on the Tudors.

Darlene Beck, who is turning 60 this week, is the regional adult service manager for Halifax Public Libraries. She said older adults turn out in droves to almost every kind of program at the libraries.

“It’s really hard to pigeon-hole seniors as a group... I find older adults are well represented at all of our programming. There’s nothing they aren’t interested in.”

Art, music, dance, health and wellness, bridge, travel, gardening, and even discussions on current issues like the refugee crisis are all of interest to older adults.

“People don’t change that much over their lifespan,” Beck said. “If you have a keen interest in things you maintain that.”

Libraries tailor some programs specifically to older adults like healthy aging, fall prevention, and keeping the brain active.

Beck said she also sees a lot of older adults in technology classes

“They didn’t grow up with technology but they’re very

keen to learn. Many of them have iPads and mobile devices and really want to use them.”

They’re also big users of the income tax programs, Beck added.

A chance to pursue interests

Susan Kerslake, 72, has attended library university classes for over 30 years. She said being retired often means time to “return to curiosities.” She said it’s a chance to pursue interests which were previously put off because of work and family.

Beck said this the case for many seniors who attend the university lectures

“They’re at the stage of their lives now where they have the time, they might not have the money. Not everyone is in that boat, but many seniors are on a fixed income and they have more leisure time to pursue those interests,” Beck said.



Performance at the Seniors’ Spring Social, at Sackville Public Library in June 2015.
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Performance at the Seniors’ Spring Social, at Sackville Public Library in June 2015.
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20 Wednesday, October 28, 2015

metro SPECIAL REPORT: METRO AGES

The challenge to help arthritis sufferers

HEALTH

Program runs across the province to provide support to N.S. seniors

Jennifer Taplin

It's not that kind of makeover. But for arthritis sufferers, it could make a world of difference.

The Arthritis Society is trying out a new program this fall called the Seniors Lifestyle Makeover Challenge. For two hours a week for six weeks, 150 seniors registered in eight locations throughout the province are learning about what they can do to take back their lives.

"One thing I really like to talk about is the fact that if you don't really use your mobility and your joints, you're going to lose that mobility," said Gabriel Petitti, seniors

"One thing I really like to talk about is the fact that if you don't really use your mobility and your joints, you're going to lose that mobility. It's going to take a toll on the activities you can do in your daily life."

Gabriel Petitti, seniors outreach coordinator with The Arthritis Society

outreach coordinator with The Arthritis Society. "It's going to take a toll on the activities you can do in your daily life."

Arthritis may be a common condition — one in four adult Nova Scotians have it — but it can still have an enormous impact on someone's life.

He thinks the prevalence of arthritis in Nova Scotia is high because of low physical activity levels and unhealthy eating habits.

"Those with arthritis are constantly experiencing different levels of pain," he said. "It can have a huge psychological effect as well."

The six-week makeover challenge involves speeches, group discussions, and presentations from local physical activity instructors and health care providers.

The guest speakers are crucial to the program, Petitti said, because they explain what resources like chair yoga and Nordic walking are available in the community.

"We know in six weeks we're not going to change a lifestyle, or it's very unlikely that we will, but what we really want to do is give them the contacts and show them what's available in their community."

The first program started in Halifax in Sept. and runs until the end of Oct. but Petitti said they plan on running another session, depending on the evaluations.



Facilitator Aron Ashton of the Senior Lifestyle Makeover Challenge discusses problem solving and flexibility exercises with a group of seniors at Club 55 in Sydney on October 21. The Arthritis Society is offering the free, six-week programs across the province. THE ARTHRITIS SOCIETY



SHUTTERSTOCK

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More women than men are living alone into their golden years. SHUTTERSTOCK

Seniors face the transition of living alone

ADJUSTMENT

Through death, divorce, many find it difficult to adapt

Jennifer Taplin

It's an enormous adjustment living alone after a lifetime spent with a partner. Through divorce or death, many people in their 50s, 60s, and older face the transition of living alone.

Psychologist Maureen Gorman said there are a growing number of divorces for older couples — so much the trend is called the grey divorce.

Many times, couples don't spend a lot of time together until retirement when they spend too

much time together and get on each other's nerves, Gorman said.

But whether the cause is divorce or death, more women than men are living alone into their golden years, she added.

"They have to learn to take over a range of roles that you have to run a household," Gorman said.

But it can also be an opportunity, she added. For example, if someone never learned to drive because their partner did it all the time, now they can achieve this goal.

Annemieke Vink, a Dartmouth social worker, said they have to figure out how to do household chores they're not used doing, or get or hire someone else to do it.

"There are people who have never done the banking or the bill paying. There are people who don't know about the care of the car or people who don't

know about getting their own supper," Vink said.

To move from two people doing a job to carrying it all is a weighty shift, Vink added.

If a couple was used to spending all their leisure time together — in the same curling club, or bowling league — then the loss packs an extra punch.

"If you've had a balance of individualized activities apart from each other, then that is helpful in the transition of not having your partner with you any more."

Being involved in a church or other community group is very helpful in dealing with loss, Vink suggested. The blow is softened by having an outpouring of support from several people.

"So, who is your community?" Vink asks. "Who are your peeps when you're going through a bad time?"

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Seniors learn importance of gardening

HEALTH FOODS

A hobby they haven't had to do since until retirement

Jennifer Taplin

After a certain age, the ground can seem farther away — making gardening more challenging.

For many people gardening is a hobby they've always wanted to do but never found the time for until retirement.

Ragaa Abdelsalam, 65, fits into that category. With no gardening experience at all, this past summer she wanted to learn about growing food, meet new people, and increase her physical activity.

The Growing Seniors Accessibility Project, a pilot project organized by the Ecology Action Centre at the HUGS community garden in Bayers Westwood, met all three of those goals.

The Ecology Action Centre received grants for the project in Halifax and another at a community garden in Cape Breton.

They built waist-high raised beds so seniors don't have to strain their backs, plus they hired coordinators to teach gardening skills and organize events.

The goal is to teach seniors, especially in low-income areas, about healthy food and how to grow their own, said Jen Organ with the Ecology Action Centre.

"It's looking at it from a perspective of healthy food, but also there's an emotional and social piece to it as well," Organ said.

Abdelsalam said the weekly community barbecues were an excellent opportunity to meet people. Many of the participants were immigrants and it became a common practice to bring along traditional dishes.

She learned quite a bit about gardening and healthy food too.

"First of all it is organic because it is not fed any chemicals, second it is free, and third it is accessible because it is my plot," she said. "I was really enjoying watering, weeding and cleaning it out and waiting for the fruit to appear and get ripe."

She said she asked a lot of questions, especially in the beginning when she had trouble differentiating between weeds and other plants.

PROGRAM

Connecting with young people in their community

Another component of the project was connecting seniors with youth, Organ said.

About a dozen seniors in the Bayers Westwood area joined a committee to plan events — like the neighbourhood barbecues — to integrate seniors with young people in the community.

"A couple people mentioned they met new people... and they loved seeing the kids around and I think that just livened up that space a bit more and gave it a new energy," she said.

There is a lot of interest in running the program again next year, Organ added.



Ragaa Abdelsalam, 65, wanted to learn about growing food while increasing physical activity. CONTRIBUTED



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Southern-style Cola Wings

Popular in the Southern states, Cola Wings are basted and covered with a cola-based BBQ-style sauce

- 4 lbs. chicken wings, halved at the joints, tips removed
- 2 cups brown sugar (light or dark)
- 2 cans of cola or root beer
- 3 onions, chopped
- 2 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 4 Tbsp soy sauce
- 1/4 tsp freshly ground black pepper
- pinch of salt
- 2 tsp cornflour/ cornstarch

SERVES 4-6
Great with blue cheese dipping sauce

the wings occasionally during cooking, to ensure they do not burn or brown too much.

Remove the wings from the dish and set aside.

Pour the soda mixture into a small saucepan and heat. Place the cornflour in a small bowl, add some of the warm sauce, and mix to form a loose paste.

Pour this back into the pan with the remaining sauce and cook over a low-medium heat until the sauce has thickened to the desired consistency.

Toss the wings in the sauce and serve with Blue Cheese Dipping Sauce.

CHICKEN WINGS BY CAROL HILKER, PHOTOGRAPHY BY TOBY SCOTT, IS PUBLISHED BY RYLAND, PETERS & SMALL. \$29.95



Preheat the oven to 180 C

In a medium bowl, combine the brown sugar, cola or root beer, onions, shallots, garlic, soy sauce, pepper and salt.

Place the wings in a large, deep casserole or roasting dish. Pour over the cola mixture. Bake for 1 1/2 - 2 hours or until the juices run clear when the thickest part is pierced to the bone. Turn

MAKES FOUR

Fluffy Buttermilk Waffles

These waffles are fluffy due to their buttermilk base and are fantastic served with chicken or slathered with maple syrup for breakfast (or for dessert!).

As a variation, you can stir grated Cheddar cheese into the batter just before cooking.

- 1 3/4 cups plain/ all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda/ bicarbonate of soda
- 1 Tbsp sugar
- 1/2 tsp salt
- Extra-large eggs, at room temperature
- 1 tsp vanilla extract

- 1 1/2 cups buttermilk, at room temperature
 - 1 stick unsalted butter, melted and cooled
- Heat up the waffle iron according to the manufacturer's instructions.

In a large batter bowl, combine the flour, baking powder, baking soda/ bicarbonate of soda, sugar and salt, stirring well to combine the ingredients. Create a depression in the centre of the dry ingredients.

Beat the eggs in a large measuring cup or medium bowl until frothy and well combined. Add the vanilla extract,

buttermilk and cooled butter. Beat until well combined.

Pour the buttermilk mixture into the dry ingredients' depression and stir rapidly with a wooden spoon until well combined. There will be an immediate chemical reaction between the buttermilk and the dry ingredients, creating a thick, rich batter honey-combed with air bubbles.

Using the wooden spoon, push one quarter of the batter onto your waffle-iron plates and bake according to the waffle iron instructions or until the steam stops rising from the waffle iron.



Chicken Wings: 70 unbeatable recipes for fried, baked and grilled wings, plus sides and drinks by Carol Hilker is the perfect go-to recipe book for game night, but with 70 recipes, it'll serve well in a variety of entertaining scenarios.

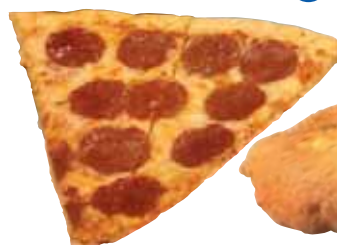

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Pizza Pizza

Is there any type of food more beloved than Italian-inspired? With basic ingredients including tomato sauce and cheese, how can you go wrong? Pizza Pizza is a popular option for Canadians, with over 28 million pizza orders

a year. Italian-inspired food fans will also love the classic panzerotti, a mouth-watering variation — think of an entire enclosed pizza stuffed with cheese, pepperoni and sauce. While a panzerotti may just seem like a pizza rolled up, it packs a lot more onto your waistline.

PICK THIS

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Fat 16 g
Saturated fats 8 g
Sodium 1100 mg
Carbohydrates 66 g
Cholesterol 60 mg
Sodium 1100 mg

SKIP THIS

Cheese and Pepperoni Panzerotti

Calories 1160
Fat 40 g
Saturated fats 20 g
Carbohydrates 138 g
Cholesterol 120 mg
Sodium 2340 mg

= HERE'S WHY

The fat equivalent of four servings of Penne Bolognese

While both items are made of dough, tomato sauce, pepperoni and cheese, the panzerotti is close to double the weight. The stats suggest only eating half a panzerotti, but as you are served a whole one, you'll most likely devour the entire thing! So that's double the dough, cheese and pepperoni. You're getting half your daily calories and fat and more than a day's worth of sodium. You could eat the equivalent of four servings of Penne Bolognese in fat. Mamma Mia!

Well-rounded diet is key, as always



A diet high in vegetables is important when it comes to your health. iStock

WORD OF MOUTH

Eating high quality foods and mostly veg still best advice

Theresa Albert
 For Metro Canada



You knew it was coming: the news that bacon is carcinogenic along with its processed meat brethren of deli meats, smoked meats and hot dogs.

This week, the World Health Organization rocked your lunch world by placing processed meats in the highest carcinogen category (where cigarettes and asbestos reside) and cooked red meat in the second-highest (probable carcinogen) category.

Let's just be clear, this is not news. It is the confirmation of widely suspected information based upon the latest gathering of scientists with research to share with the endorsement of the respected World Health Organization.

Nothing has changed. The information is telling you that consuming these foods puts you at increased risk of cancers particularly of the colon. It does not say that biting into that sandwich will cause cancer.

To reduce your risk you (still) need to:

- Eat mostly vegetables.
- Consume high vitamin C fruits and vegetables with any smoked, cured, processed or cooked meat to mitigate the risk.
- If you are going to enjoy processed meats, you need to

choose the best in class with the highest quality, lowest sugar, lowest salt amounts. One or two slices will be better (on many levels beyond carcinogenic concerns) than a sky high pile.

- If you are going to consume red meats (which this recommendation assessed as beef, mutton, pork, lamb, horse or goat), use low temperature, braised or stewed methods of cooking. High temperature direct pan frying or grilling creates more carcinogens.
- Reduce your overall amount of meat as low as possible. There are still protein, B vitamin and zinc nutrients that are beneficial and difficult to obtain elsewhere.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

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LIQUID ASSETS

Pumpkin: Not just for lattes

Peter Rockwell
 For Metro Canada



If you're a coffee fan you don't need a calendar; all you have to do is check out the chalkboard at your local café, or big box bean grinder, for the announcement that both fall, and pumpkin spice lattes, have arrived.

Think baristas are out of their gourd mixing pumpkin meat with their brew? Beer makers across Canada are doing the same. Just walk the

craft beer aisles of your local liquor store.

Liqueur producers, who have never met a flavouring agent they couldn't work with, are also piecing together tipples with output from the veggie patch.

Starting with its original recipe of rum and Mexican-grown coffee beans, Kahlúa's Limited Edition Pumpkin Spice Liqueur (\$14.99-\$16.95) gets its autumn flavours on by adding pumpkin and other seasonal ingredients to the blend.

Drinking much like you

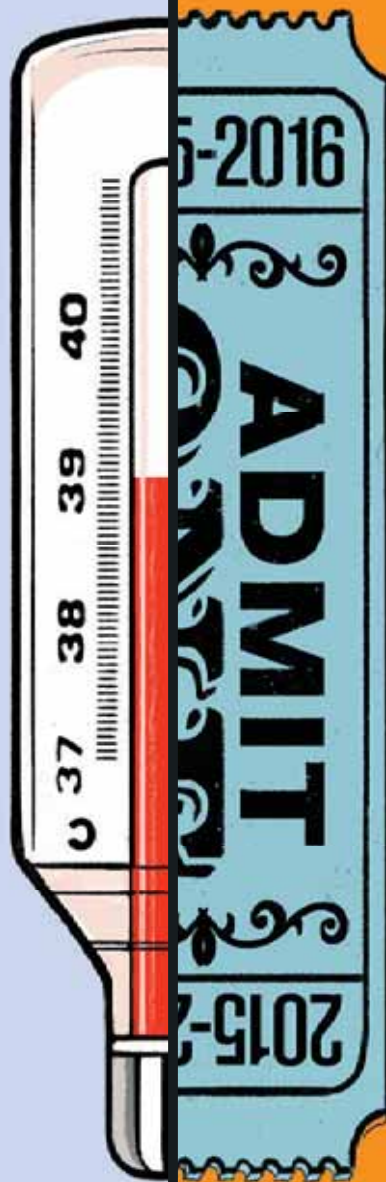
would expect, it's a tasty way to add some punch to a martini or, if you're dressing-up as The Dude from The Big Lebowski this Halloween, your obligatory White Russian.

Prices reflect the range across the country. Some products may not be available in all provinces.



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A woman, two men and a truck

KEY TO SUCCESS

Connecting with customers and relying on their referrals

Vawn Himmelsbach

Two Men and a Truck brings to mind ... well, men and trucks. Yet the professional moving company was founded by a woman and is run by a woman.

Mary Ellen Sheets started the business with her two sons (hence, the name), and her daughter Melanie Bergeron is chair of the board. And there are also female franchisees.

Being a woman in an industry dominated by men, however, isn't the biggest challenge for female franchisee Kari Campbell, who runs the Oshawa franchise and in November 2013 opened a satellite office in Peterborough.

A greater challenge has been overcoming the public's perception of moving companies — everyone has heard "horror stories" of moves gone terribly



Kari Campbell, sitting in one of the company's trucks, runs the Oshawa franchise. CONTRIBUTED

wrong, of people being scammed or precious items being damaged or vanishing into thin air.

Moving, after all, is much more than the physical transport of goods from one location to another — it's about handling people's memories.

In that sense, being a woman

has been an asset in a business often associated with tough, burly men. "I'm going to understand that china cabinet is 100 years old and belonged to her grandmother," said Campbell. "Being a woman on that end is a total advantage ... it puts them at ease."

Campbell started working with

Two Men and a Truck as a customer service rep when a friend opened the Oshawa franchise. Two years later, in 2009, she was offered the chance to become partner. She took a few days to think about it and then jumped onboard. Already familiar with the brand and its core values,

she was impressed with the help she received from head office.

But Campbell knew that owning a franchise wasn't a guarantor of success. "I don't think it's just a given, especially a moving company because people have such a negative outlook on it," she says. "You have to prove yourself as an

individual franchise."

She's done this by getting involved with the local Chamber of Commerce, attending events and home shows, meeting with real estate agents and even doing charity work. It has also meant getting out to as many jobs as possible to meet customers — though she can't do that every single time.

Of course, the name of the company is Two Men and a Truck, so occasionally customers want to know where the "man" is, "which is very discouraging because I have been in the industry a long time and I know my job inside and out," she says. "But for most people it doesn't matter."

Campbell knows the job so well because she's gone out with her movers — literally doing the heavy lifting — to "see what my guys are going through." She currently has 28 employees, all of whom are men except for her customer service rep and accountant.

Two Men and a Truck has only been in Canada for just over 10 years (where there are 21 franchises), and is now expanding to Vancouver, Winnipeg, Regina, Saskatoon, Saint John and Moncton.

Crossing borders with Second Cup

The sun has only just come up in Beirut, but already the honking has started. It would be easy to mistake the constant bleating as impatience, but the horns are simply placing a coffee order.

Drivers pull up near a corner in Beirut's Ein al-Mreisseh neighbourhood and idle in the street near a store that sells Arabic coffee for \$.60 a cup. Along the sidewalk, dozens of men sit in multicolored plastic chairs sipping the Arab cappuccino, a mixture of heavy espresso, powdered sweetener, and hot chocolate.

This is the pure coffee culture of the Middle East, with the neighbourhood coffee shops the central meeting place for a morning chat. But beyond the busy streets in some of the once-leafy neighbourhoods around the American University or in the strings of hotels along the Corniche, the international brands dominate the sidewalks: here a Starbucks, there a Gloria Jean's, and over there — keeping pace — Canada's own Second Cup.

There are three Second Cup locations in Beirut, and over 100 in the Middle East and North Africa. Second Cup International opened its 130th franchise outside of Canada, in Manchester, U.K.,



There are over 100 locations in the Middle East and North Africa. TORSTAR NEWS SERVICE

late in 2014. The first overseas location popped up in Dubai's gigantic Mall of the Emirates in 2003 and the company's international growth has continued unabated since. It has franchise locations across the Emirates and in some unusual, unstable places: Pakistan, Iraq, Syria, Yemen, and Egypt. There are as more Second Cup locations in Cairo (five) than in the entire United States (four).

Jim Ragan, the president of Second Cup International, explains the successful growth as part of an international desire for foreign brands and the consistent delivery of that brand's promises.

"Throughout the Middle East and in other places, people are

looking for international brands, and when they get them in their region they're really happy," he explains. "But there's a huge amount of competition. And so the focus has to be on executing great service and having a great product. I think we do both."

Second Cup International is an entirely separate entity ("apart from sharing a name and some recipes," jokes Ragan) from Second Cup, the company that runs the Canadian franchises. The franchise model is different, with a heavier investment required from prospective franchisees, who must have a net worth of \$3-million and \$1.5-million in liquid assets. In Canada, a franchisee only needs to have \$120,000 in assets and \$350,000 in net worth. Additionally, international franchise partners take on the responsibility of managing the brand throughout a region: there's one owner in Lebanon, one in Syria, one in Azerbaijan, and so on. The head office approves new locations, but only visits the site after the café has been built and its staff trained.

That leaves the international cafes with a decidedly different feeling than a Canadian location.

DREW GOUGH

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Scion scores with iM model



REVIEW

Youth-targeted Scion is not the most powerful but affordable

Jil McIntosh
For Metro Canada



If you miss your Toyota Matrix, Scion has a car for you. As Toyota's entry-level and youth-oriented brand, Scion's past offerings have primarily been offbeat and inexpensive, but they could also feel cheap and tinny.

Now there's the iM, a hatchback that's priced like a Scion but feels more upscale than what you pay for it. In this case, it's \$21,165 with a six-speed manual, or \$21,990 with an automatic continuously variable transmission (CVT). As per Scion's pricing structure, it comes in a single trim line, although you can add a few dealer accessories such as a premium sound system or navigation.

The engine is a 1.8-litre four-cylinder that isn't the most powerful in the segment, and you will have to plan your passing manoeuvres, since it's slow to respond when you hit the

pedal hard. Still, it builds its speed smoothly under normal driving, feels substantial, and is stable at highway speeds. It includes hill start assist, which holds the brakes for a couple of seconds on an incline, a great feature for those who are relatively new to a manual transmission (and even for those who have been driving one for a while).

The list of standard features includes a backup camera, dual-zone automatic climate control, eight airbags, cruise control, touchscreen stereo, and a 60/40 rear seat that folds flat for more cargo space.

Oddly, though, while you do get power-folding mirrors, there are no heated seats, a major omission for a car that needs to get through a Canadian winter. Scion says it may eventually offer them as a dealer-installed option.

The interior is nicely finished and the cabin is roomy, with front seats that were more supportive than I expected, and good rear legroom for the car's size.

The ride is smooth, the car handles well, and it's very quiet, thanks in part to an acoustic windshield. If you liked your Toyota Matrix — or your Pontiac Vibe, the GM version of it — then this might be the replacement you've been looking for.

“There are no heated seats, a major omission for a car that needs to get through a Canadian winter.”

THE CHECKLIST | 2016 SCION iM

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engine (hp/torque). 1.8-litre four-cylinder (137/126)
Transmissions. 6-speed manual or CVT
Price. \$21,165 (manual); \$21,990 (CVT)

COOL FEATURES

- Four-wheel disc brakes
- Rearview camera
- Cargo cover
- USB port and Bluetooth connectivity
- Driver's knee and passenger seat airbags
- Heated mirrors with integrated turn signals
- Keyless entry



JIL MCINTOSH/FOR METRO

POINTS

- The iM was named the Best Budget Car by the Women's World Car of the Year (disclosure: I'm a judge).
- The iM's price is higher than its competitors' base price, but it includes items that are extra-charge on others.
- Toyota expects that by next year, the iM will make up 56 per cent of all Scion sales.

MARKET POSITION

Scion hasn't been a huge hit so far in Canada, and the company is moving it ahead by trimming slow-selling models, adding 50 new dealers, and rebranding it as "Scion by Toyota."

THE COMPETITION



Honda Fit
Base price: \$14,730



Hyundai Elantra GT
Base price: \$18,549



Ford Fiesta
Base price: \$15,399

SAFETY

Hands-free systems still a distraction: Study

According to new data from the American Automobile Association, even in-car systems that use voice commands so that a driver can keep two hands on the wheel and two eyes on the road could cause a 27-second distraction after use.

Hands-free isn't always distraction-free. In fact, depending on the smartphone or in-car infotainment system, and the nature of the voice command, the AAA claims that a car could have covered the length of three football fields before the driver's focus is fully on the road again.

"The lasting effects of mental distraction pose a hidden and pervasive danger that would likely come as a surprise to most drivers," said Peter Kissinger, president and CEO of the AAA Foundation for Traffic Safety. "The results indicate that motorists could miss stop signs, pedestrians and other vehicles while the mind is readjusting to the task of driving."

The AAA tested the hands-free systems available in 10 new cars on sale in the U.S. and also examined the effectiveness of Siri Eyes Free on the iPhone, the

Cortana assistant on Microsoft's handsets and the Google Now app on an Android phone.

The systems were used for controlling the stereo, making a call or dictating a text message, and though some performed better than others, all systems tested increased mental distraction to "potentially unsafe" levels.

Using a five-point scale to rate distraction levels where 1 is equivalent to listening to the radio while driving and category 5 is trying to solve a scientific problem designed specifically to overload a person's mind

while driving and cause distraction, the best performing in-car system registered 2.4 — that equates to being mentally impaired for 15 seconds. The worst-performing registered 4.6 — a 27-second impairment. As for smartphones, Google Now achieved a category 3.3 distraction, Apple Siri scored 3.7 and Microsoft Cortana 4.1.

"Drivers should use caution while using voice-activated systems, even at seemingly safe moments when there is a lull in traffic or the car is stopped at an intersection," said Mosher. AFP



A driving and texting simulator in New York City aims to show the consequences of distracted driving. But new data suggests even hands-free isn't always distraction-free. GETTY IMAGES FILE

Bond movies still gunnin' it in style

AUTOPILOT

Her Majesty's Secret Service always good for cool rides and smash-ups

Mike Goetz
For Metro Canada



The new James Bond flick, *Spectre*, gets released next week in Canada and — spoiler alert — there is a car chase at some point.

But I guess a James Bond film without a car chase is like a Harry Potter film without pointy hats, or a Nicholas Cage film without over-acting.

The big car chase and resultant smash-up takes place on the streets of Rome and Vatican City and cost a reported \$48 million, more than 10 per cent of the film's \$403-million overall budget. So it's probably a pretty good car chase and smash-up.

Bond's ride is an Aston Martin DB10. You can't walk into an Aston Martin dealership and

drive away with a DB10. Aston Martin unveiled a concept car earlier this year called DB10, to show the styling direction for the next generation of Aston Martins, particularly the coming successor to the current DB9 production car. Analysts speculate the DB9 successor will be called a DB11, making the DB10 pretty much a Bond thing.

Aston Martin made 10 examples for the film, obviously specially modified for all the movie hijinks. As part of a new agreement between Mercedes-Benz and Aston Martin, the DB11 is expected to use versions of the German automaker's powertrains, but the Bond DB10s are equipped with the English automaker's current V8 and six-speed manual transmission.

In the trailer we see Bond, played again by Daniel Craig, meeting his government-issue Aston Martin DB10 for the first time. He gets the walk-around from Q, played by Ben Whishaw, who re-



The Jaguar C-X75, seen above with actress Naomie Harris, has a pivotal role in the new 007 film *Spectre*. Left: The Aston-Martin and Bond (in this case played by Pierce Brosnan) is an iconic combination. JAGUAR; LEFT: ASTON MARTIN



in 1964's *Goldfinger*. That DB5 was famously fitted with injector seat, machine guns, tire slashers, rotating licence plate, bulletproof glass and what-not, and became the archetypal super-agent screen car.

In the new movie's big chase scene, Mr. Hinx, a high-ranking *SPECTRE* member and super-assassin, pursues Bond with an equally rare and exciting beast — a Jaguar C-X75.

The Jaguar C-X75 is also strictly a concept car, debuting with four electric motors, and two micro-turbine engines exclusively for charging the battery pack. While the Hinx C-X75 movie car stays faithful to the concept's styling, underneath is a racecar chassis and Jaguar's super-charged 5.0-litre V8.

While I'm generally indifferent to product placement in movies, I can really get behind the product placement that you see with all the vehicles in Bond movies. Especially when you get the double-whammy of seeing cool and exclusive vehicles in high action, and then also get to see some of them get blown up or destroyed in spectacular and creative ways. What's better than that?

marks how the Aston can rip from 0-60 mph in 3.2 seconds, and how it has "a few little tricks up her sleeve."

We'll have to wait for the movie to see those tricks, but I'm guessing they're a grade up from the tricks found on the original Bond Aston Martin, that famous DB5 that Sean Connery's Bond received from Q

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3 THINGS TO WATCH FOR AT THE 2016 TOKYO MOTOR SHOW

Japan's biggest single automotive showcase may only come around once every two years but no other international motor show promises the same mix of the outlandish and outright ingenious. AFP

1 A sporting chance of production

Mazda is bringing a sports coupé concept to this year's show and there's a good chance the car could lead to a new RX8 production vehicle, complete with a rotary engine. All that Mazda will say is that the design references the company's great sports cars of the past while also looking to the future.

Toyota is being far less coy about its S-FR concept. A lightweight 2+2 coupe with rear-wheel drive and potentially excellent handling, it is expected to challenge the Mazda Miata MX5 in terms of price and performance.

Yamaha, a company famed for two-wheelers, is also looking to get in on the lightweight sportscar action with the unveiling of a mid-engine concept designed by Gordon Murray. Next to nothing is known about the car, but if the man responsible for the McLaren F1 is involved, expect something impressive.



Sports car concepts, like the Toyota S-FR, are going to be big at this year's show. TOYOTA

2 Complete autonomy

One of the most intriguing cars at this year's show will be Nissan's Teatro for Dayz concept, which attempts to understand what the next generation of road users will want from a car. A complete blank canvas, it jettisons all current design motifs so that the owner can instead project his or her own personality on it, inside and out.

The Mitsubishi eX Concept is much more conventional by comparison but will showcase the company's latest innovations in battery technology and will debut an augmented reality windshield that brings autonomous and connected car features to drivers without the associated distractions.



Teatro for Dayz concept car: A car designed for the next generation of drivers. NISSAN



The Mitsubishi eX concept sports an augmented reality windshield and an electric motor. MITSUBISHI

3 The lap of luxury



Suzuki and Lexus will be showcasing luxury, as in the Suzuki Air Triser concept. SUZUKI

This year's show coincides with Lexus's 25th anniversary and the premium marque is marking the occasion with a show car that represents "progressive luxury." It will also give the clearest sign of what the next-generation LS — the company's flagship executive sedan — will be offering in order to compete with the Mercedes S Class and BMW 7 Series.

Suzuki will be showing something called the Air Triser, which is an exercise in packaging as well as comfort, and brings an executive lounge feeling to the interior of a compact MPV.

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Black thriving as team leader

GYMNASTICS
Halifax athlete enjoying an ‘incredible’ time at worlds



Halifax gymnast Ellie Black has led Team Canada to a history-making performance at this year’s world championship. The Canadian women’s gymnastics squad claimed sixth in the team final Tuesday for the first time in 26 years. “We haven’t done (that) since 1989,” Black said Tuesday evening from Glasgow, Scotland, where over the weekend she also helped the women in red and white to a seventh-place finish in the team-qualification round at the artistic gymnastics world championships. That performance secured Team Canada’s ticket to Rio de Janeiro in 2016, with the top eight teams making it through to the upcoming Olympic Summer Games. “It’s pretty incredible,” 20-year-old Black said, adding this was only the second time she’s ever competed internationally in a team final, the last being at the 2012 Olympic

Summer Games in London, England. “It was great just to be out there with the team.” The Canadian women completed Tuesday with a total score of 167.697, moving up one spot from the qualification round, according to Gymnastics Canada. The United States led the way with 181.388 points for the gold medal, while China claimed silver with 176.164 and Great Britain took bronze with 172.380 points.

“It’s such a great experience to be in the top group of girls, competing with them.”
 Ellie Black

Black had some trouble on the beam during the final, but finished tops for Team Canada on both the floor and vault. But she’s not done competing at this year’s world championship just yet. Black still has the individual all-around final Thursday and beam final Sunday. Before then, she’ll be resting up, working on perfecting her routines, and simply “enjoying the experience.”

+ GOLDEN GIRL
 Black won five medals at the Pan Am Games, one of which was a gold medal in the women’s all-around final.

“You’re there with the best in the world and you’ve just got to try your best,” Black said. Black’s coach said his pupil, who brought five medals back to Halifax from the 2015 Pan Am Games in Toronto this past July, has stepped up as a true leader on her national gymnastics team. “At the Olympics last time, she was one of the babies on the team,” national team coach David Kikuchi, also of Halifax, said Tuesday. “Pretty quickly she became a veteran and a leader on the team, and so she’s been doing a really good job of that the past couple of years, and grown pretty comfortable in that role.” “You never know if you’ll ever get to experience team finals ever again,” Black said of advice she’s shared with some of her younger, less internationally experienced Canadian teammates. “So I just told them to go out, don’t put any pressure on yourself ... and have fun.”



Ellie Black competes in the beam at the artistic gymnastics world championships on Tuesday in Glasgow, Scotland. ALEX LIVESEY/GETTY IMAGES



MLB WORLD SERIES OPENER The Royals’ Alcides Escobar led off the World Series with an inside-the-park home run off Mets ace Matt Harvey. Go to metronews.ca for the result of the game and more. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

Encarnacion goes under knife to repair hernia
 Toronto Blue Jays slugger Edwin Encarnacion has undergone surgery to repair a sports hernia. The team said in a release that the designated hitter/first baseman is expected to recover in time for spring training. Encarnacion helped form one of the most feared batting orders during the regular season, belting 39 homers and driving in 111 runs. THE CANADIAN PRESS

Sporting News names Collins NL manager of year
 Terry Collins was selected NL Manager of the Year by Sporting News. The New York Mets’ skipper beat out St. Louis’ Mike Matheny in voting conducted by a panel of 13 National League managers. Collins received seven votes to five for Matheny. Joe Maddon of the Chicago Cubs got one. The only other Mets manager to win the award was Gil Hodges in 1969. THE ASSOCIATED PRESS

AUS

Tigers star named athlete of the week

Dalhousie Tigers women’s hockey star Sarah Robichaud has been named the Atlantic University Sport female athlete of the week. The five-foot-five forward from Weymouth notched her first AUS career hat trick, and added an assist, for four points in Saturday’s 5-3 win over the Mount Allison Mounties. She also had a helper in last week’s 2-1 loss to Halifax rivals the Saint Mary’s Huskies, for five points in two games, according to an AUS news release issued Tuesday. Robichaud is studying sociology and French at Dalhousie, and is in her fifth and final year of AUS women’s hockey eligibility. Université de Moncton men’s hockey forward Alex Saulnier of Cap Pelé, N.B., was named AUS male athlete of the week after posting five goals in two wins to end the week of Oct. 25. METRO

WOMEN'S SOCCER

U.S. goal machine Wambach to retire

Abby Wambach, the leading career scorer — male or female — in international soccer, announced her retirement on Tuesday shortly after the U.S. national team celebrated its Women's World Cup victory at the White House.

Wambach, 35, said before the World Cup this past summer in Canada that she wanted to cap her 15-year career with the game's most prestigious championship. She got her wish. Wambach, who grew up in Rochester, New York, has appeared in 252 international matches with 184 goals.

She will play the final four matches of the national team's 10-game victory tour before stepping away from the team. Her final match will be Dec. 16 against China in New Orleans.

"After much deliberation and talking with my friends, family, teammates and our coaching staff, I've decided to finally bring my soccer career to an end," Wambach said in a statement. "While we still have more work to do for women's soccer, after bringing the World Cup back to the United States this summer, I'm feeling extremely optimistic about the future of our sport."

"It's been an amazing, wonderful ride and I can't

wait to see what the next chapter of my life brings."

The United States defeated Japan 5-2 in the World Cup title game after a monthlong tournament that crisscrossed Canada. Carli Lloyd was named the tournament's MVP after scoring three goals in the span of 16 minutes in the final match.

Wambach appeared in four World Cups with the national team. She also has a pair of Olympic gold medals from the 2004 Games in Athens and the 2012 Games in London. She did not compete in the Beijing Games because of a broken leg.

“It's been an amazing, wonderful ride and I can't wait to see what the next chapter of my life brings.”

Abby Wambach

She was the 2012 FIFA World Player of the Year.

Wambach has also made it her mission to grow the women's game, and to fight for equal rights for female athletes. THE ASSOCIATED PRESS



Abby Wambach
GETTY IMAGES

SOCCER IN BRIEF

Former political prisoner Sexwale eyes FIFA top job

Aiming to end FIFA's "nightmare," former prison inmate and presidential candidate Tokyo Sexwale will travel to Egypt on Tuesday to campaign for support from African soccer leaders.

Africa's 54 votes — the largest confederation in FIFA — is critical to the South African tycoon's chances of replacing Sepp Blatter as FIFA president. Sexwale, a former apartheid-era political prisoner alongside Nelson Mandela, will make a presentation to African soccer executives at their meeting in Cairo on Wednesday.

THE ASSOCIATED PRESS

World Cup bids investigated for money laundering

Fraud investigators in Britain are looking for evidence of money laundering linked to the 2018 and 2022 World Cup bidding contests.

Serious Fraud Office director David Green tells a British parliamentary hearing "new information has come to us quite recently."

He says "whether the money came through London is important."

However, Green says laws passed after the December 2010 vote give him no jurisdiction over FIFA for bribery offences.

THE ASSOCIATED PRESS



Cleveland Cavaliers' four-time MVP LeBron James says the team was happy with all of last season's work but that they must start afresh and focus on the long road to making the Finals again. LYNNE SLADKY/THE ASSOCIATED PRESS

LeBron has eyes on sixth straight Finals

NBA

Cavs' ace knows ending drought for Cleveland will not be easy

LeBron James understands what it takes to reach the NBA Finals. The route, strewn with obstacles and doubts, has become a personal path. He knows the way as well as anyone.

James has been to the league's showcase event five straight years and six times in the past nine. On his most recent visit, the four-time MVP, two-time Olympic gold medallist and global icon, reminded everyone he remains the game's biggest, brightest star. And now, as he embarks on his 13th pro season,

James, just two months shy of turning 31, understands getting back to the Finals will not come easy for the Cleveland Cavaliers.

"We've got a long way to go," he said.

When he and the Cavs tipped off Tuesday night in Chicago, the ending that Cleveland fans can only dream of — celebrating the city's first pro sports title since 1964 — is nearly eight months away.

Right now, however, it's still just a dream. James nearly carried the Cavs to the top in his first season back in Ohio. But they came up two wins shy of the championship. Last season's

journey, loaded with injuries, trades and whispers, seems to have made him more confident a title will happen.

If not this season, then soon. "I know what we're capable of," James said following a recent practice. "I didn't know what we're capable of going into the first game of the season last year. I knew it was going to be a long process. I still think it's going to be a process."

"It doesn't matter what we did last year, that's over and done with. We were happy how we progressed last year and how we played all the way to the end, but this is a new year."

Like last season, when they struggled trying to integrate Kevin Love into their offense and didn't mesh for months under first-year NBA coach David Blatt, the Cavs may need some time to jell. James recently received an anti-inflammatory injection in his back — his second in 10 months — and his minutes will be closely monitored all season.

Though he does a better job now of pampering his body, but the odometer is showing heavy mileage and the Cavs intend to rest him whenever possible. He missed a career-high 13 games last season and averaged 36.1 minutes, his fewest in 12 seasons. There's a good chance he'll lighten his workload more this season, especially on back-to-back games or when the Cavs are playing three times in four nights. THE ASSOCIATED PRESS

“We were happy how we progressed last year and how we played all the way to the end, but this is a new year.” LeBron James

NBA's growing world of talent

The NBA's 70th season begins with 100 international players from 37 countries and territories.

All 30 teams will have at least one international player on the roster for the second consecutive year. Toronto leads the league with seven while Cleveland, Minnesota, San Antonio and Utah have six

each. The league says a record 10 African and nine Brazilian players are on rosters.

Canada leads with 12 players, followed by France with 10. There are eight players from Australia.

Croatia and Spain round out the top five with four players each.

Among the prominent

international players set to make their NBA debuts this week: Orlando's Mario Hezonja of Croatia, Denver's Emmanuel Mudiay of Congo and the Knicks' Kristaps Porzingis of Latvia.

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Kristaps Porzingis
GETTY IMAGES

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The auction will take place on

Friday, October 30, 2015

starting at 10:30 am at 3490 Prescott St, Halifax & at subsequent sales until sold. The personal effects & belongings of the following tenants will be sold:

| | |
|------------------------|------------|
| Anthony Marsh | Unit #1015 |
| Breana Dorey | Unit #2019 |
| Katherine Marie Benoit | Unit #2037 |
| Dayo Adeniran | Unit #2070 |
| Chris Currie | Unit #2258 |

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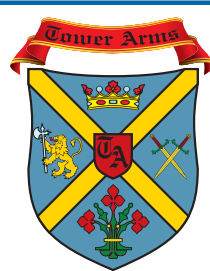
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Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in

Prep time: 10 minutes

Serves 4

Ingredients

- 6 large boneless, skinless chicken thighs
- Olive oil
- Salt and pepper
- 3/4 pound mini red, white and purple potatoes, halved or quartered if large
- 6-8 cherry tomatoes
- 1/4 cup bocconcini
- 8-10 basil leaves,

roughly chopped

Directions

1. Preheat the oven to 400 F.
2. Rub the chicken thighs on both sides with olive oil and generously season with salt and pepper.
3. Heat large skillet over medium-high heat. Add the chicken, cover and cook until it browns on one side, about 3 minutes. Turn the chicken; add the potatoes. Allow the chicken to cook another 3 minutes to brown then add the cherry tomatoes; transfer to oven and roast, uncovered, until chicken and potatoes are cooked, about 20 minutes.
4. Remove skillet from pan and toss in cheese and garnish with basil.

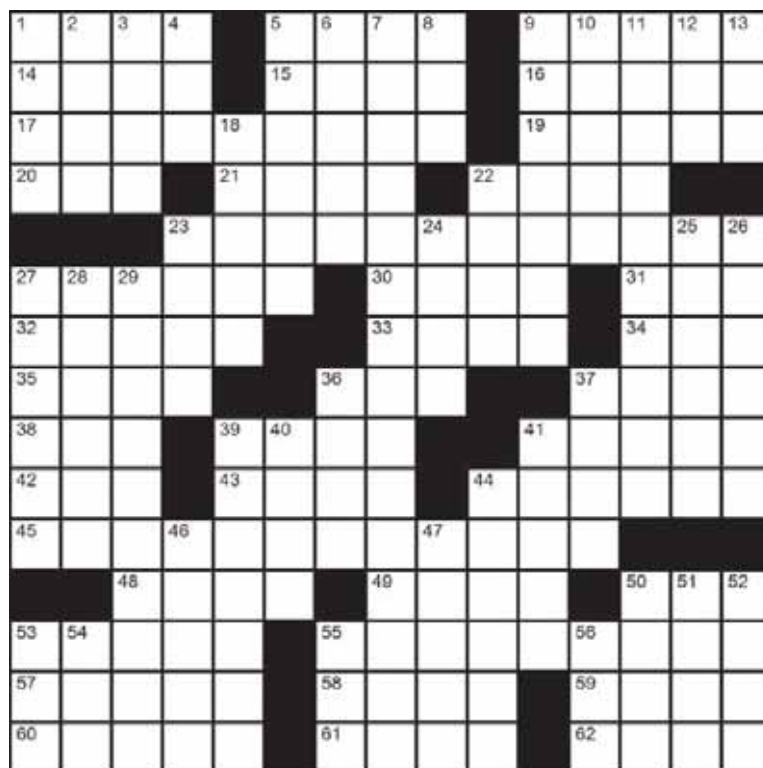
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Scoff
5. Damage
9. City in Iraq
14. Take apart
15. Rhyme scheme
16. Savoury gelatin
17. Tlaloc = Aztec
19. Providence, ___ Island
20. Mr. Stallone, to pals
21. Comes with it, for short
22. Long journey
23. Canadian made products by based-in-Prince-Edward-Island company Paderno: 2 wds.
27. A bit like Caesar or Ovid or Nero
30. Botanical leaf-to-stem angle
31. Honor vs Honour ...the difference is that the first spelling has ___ in it
32. Energy company based in Halifax
33. Litter barks
34. What the person at #48-Across did
35. Animal docs
36. MTV hosts
37. Campus mil. program in The States
38. 'Carot' completer
39. Stead
41. Racecar driver Mr. Franchitti
42. ___ de Janeiro
43. Fifty-fifty
44. "Love Me ___" by Elvis Presley
45. Nature lover's



activity: 2 wds.

48. "The gold goes to ...mel!"; 2 wds.

49. Tribe on the very first "Survivor"

50. Flight watchdog org. in The States

53. Computer's chomps?

55. Count Dracula's fang

imprints: 2 wds.

57. English dramatist, George ___ (Contemporary of William Shakespeare)

58. Peaty place

59. Garlands of Hawaii

60. Boat poles

61. Auberges

62. Dispatched

DOWN

1. Water holders
2. Organic compound
3. Country singer

Mr. Arnold

4. Aussie hopper

5. Canadian cellist Ofra

6. Sternward

7. As per transportation, Justin Bieber's Ontario hometown of Stratford originally served as a

what?; 2 wds.

8. Guy

9. Casks

10. "Angela's ___" (1999)

11. Creative outlet allowing a poet to perform: 2 wds.

12. Empty

13. First-rate

18. Ms. Reid of "King of Kensington"

22. Stumble

23. "You Might Think" band, with The

24. Allies foe in WWII

25. Natalie's best friend on "The Facts of Life"

26. Calgary-based energy company

27. Rock guitarist's effect

28. 666 sequel, "Damen: ___" (1978)

29. Crater forming masses from outer space

36. Depilatory brand

37. Called

39. Comedian Jerry, and surnamesakes

40. ___ the Terrible

41. Casual material

44. Big cats

46. Brooded

47. "You Can Leave Your ___" by Joe Cocker

50. Costless

51. Similar

52. Helper, for short

53. Music pace in 60 seconds [acronym]

54. Uh-huh, fancy-style

55. Dieter's stat.

56. Mr. Pacino's

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't get involved in a quarrel that is none of your business. You cannot resolve it and there is a strong chance the opposing parties will get together and end up taking it out on you.

Taurus April 21 - May 21
Why do you care so much what other people say about you? It's not like you to seek approval but you are craving the support of partners and colleagues at the moment. Just be careful you don't pay too much for it.

Gemini May 22 - June 21
You will have to admit that you have been aiming too high. No matter, it's not the end of the world. Even Geminis get it wrong sometimes.

Cancer June 22 - July 23
Your confidence is high but don't let that lull you into a false sense of security. It would be nice to believe that the world consists only of generous, compassionate people but you know it's not true. Watch your back.

Leo July 24 - Aug. 23
You are finding it hard to hide your anxieties, but why would you want to when there are people you can turn to for advice and support? You don't have to face each and every situation alone.

Virgo Aug. 24 - Sept. 23
Don't be taken in by someone's tale of woe. Deep down you know it is a load of rubbish. Give advice if it is asked for but keep your money.

Libra Sept. 24 - Oct. 23
Your number one aim is to make money. Over the next two or three days you will get the chance to earn some big bucks but you have got to stay focused.

Scorpio Oct. 24 - Nov. 22
You may be right to be angry with someone who has let you down but don't make a big issue of it. Let them know you are not amused, then let it go. Whatever you lost you will soon find something better to replace it.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be low but this is a passing phase, so don't get despondent. If you don't feel like being social, that's OK — find a quiet place you can be alone with your thoughts.

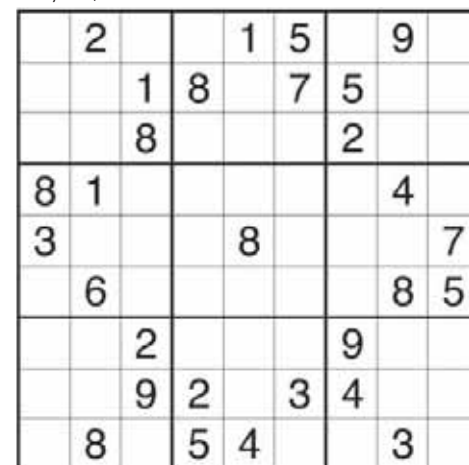
Capricorn Dec. 22 - Jan. 20
You have a mind of your own and if you are smart you will use it today. If you follow the crowd you could end up some place you did not want to go.

Aquarius Jan. 21 - Feb. 19
The Sun in Scorpio at this time of year can either make or break your reputation, depending on how focused and hard-working you choose to be. There will be time for fun and games later — get serious for now.

Pisces Feb. 20 - March 20
Anything that sounds too good to be true is most likely a trick to part you from your hard-earned cash. You are too intelligent to fall for it, but watch out for friends and loved ones too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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